

*C. B. Besser*  
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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

JAN 12 1940

Reserve

No. 399

January 3, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

**BETTER CARE FOR MOTHER AND CHILD.** Children's Bureau, U. S. Department of Labor, Washington, D. C., (Superintendent of Documents, Government Printing Office, Washington, D. C. pp. 19. Price 10 cents.) A little booklet with illustrations, which tells what is being done to make motherhood safer. Statistics cite number of deaths of babies in proportion to the population in the various States. It closes with some statements of what can be done to prevent infant deaths.

**WHAT TO DO ABOUT THUMB SUCKING.** William I. Fishbein. (Hygeia, Vol. 17, No. 7, July 1939, pp. 660-662.) Discusses how to treat the child who resorts to thumb sucking. The author says that a child soon outgrows this habit, but if the habit persists until his third year it should be attacked but not too vigorously. Spanking, one method of control, may be too emphatic, so as to center the child's attention on its habit.

**CHILDREN FROM SEED TO SAPLINGS.** Martha May Reynolds. (McGraw-Hill Book Co., New York, 1939, pp. X 328.) Intended for grown-ups who want to know more about children and for doctors, teachers, social workers, and college students. Contents: From seed to saplings, the preview. Before birth; the seed and its first 9 months. Babyhood; the first and second years. The preschool age; 2-, 3-, and 4-year-olds. Early childhood; 5-, 6-, and 7-year-olds. The transition year; 8-year-olds. The unknown age; 9-, 10-, and 11-year-olds. Early adolescence; 12-, 13-, and 14-year-olds. Almost grown up; 15-, 16-, and 17-year-olds. From seed to saplings; the review.



2000



WIDENING HORIZONS IN PARENT EDUCATION. Ernest G. Osborne. (Teachers College Record, vol. 41, No. 1, October 1939, pp. 25-33.) A general discussion of parent education, telling of the movement, parents' relation to the school, the broadening content of parent education, and the development of resource materials. The author says, among other things, that there is a value in having a leader who is a member of the group herself, who lives in the same neighborhood, and faces many of the same problems, for she is apt to set the group thinking around those things of immediate concern, and she also tends to avoid the jargon that is sometimes developed as a substitute for straight thinking by inexperienced though trained leaders. More important, however, is the fact that a group led by such a leader is more likely to be self-reliant and give more thought to self-study and analysis than when they depend upon an expert.

COMMUNITY PROGRAMS OF EDUCATION FOR HOME AND FAMILY LIVING. Edna P. Amidon. (Journal of Home Economics, vol. 31, No. 9, November 1939, pp. 601-605.) This article tells something of what the United States Office of Education is doing in cooperation with State departments of education in the development of programs for home and family life education. Experiments on this type of program are being conducted in four types of communities. A general plan is fully presented.

1000 AND ONE. The Blue Book of nontheatrical films. Fifteenth Annual Edition, 1939-40. (The Educational Screen, Chicago, Ill., pp. 128, 1939.) In this booklet or catalog are listed both commercial and noncommercial motion pictures designed for educational purposes. They are grouped under such heads as: Agriculture, Education, General Science, and Sports. Films that refer to home economics subjects are found under various headings.

THE REAL INDUSTRIAL-ARTS TEACHER. H. H. Robinson. (Industrial Arts and Vocational Education, vol. 28, No. 10, December 1939, pp. 409-410.) Discusses teaching methods and stresses the fact that production in the industrial arts is essential to being a good teacher in such a field. It says one way of judging one's own skills as a teacher is to check the following points: 1. Have I gained the most important part of what I know about my art or trade from the few related college courses I have taken? 2. Do I still exhibit the work I did in my college classes as my best creation? One who answers affirmatively to these questions is not truly a skilled craftsman or the best teacher. The article also discusses the time in which classroom projects should be completed.







Food and                    WHEN YOU CURE YOUR MEAT, CURE IT TO KEEP. Ferdie  
Nutrition                  Deering. (The Farmer Stockman, vol. 52, No. 22,  
November 15, 1939, pp. 7.) Recipes for curing meat  
and a report of the experiments made by the Texas  
Agricultural Experiment Station at Lubbock, in which cured meats  
were stored in refined cottonseed oil or peanut oil. The author  
says that the oil prevents growth of mold, reduces evaporation and  
shrinkage, prevents hardening of meat, and eliminates fly and skipper  
damage. The meat will not become more salty or absorb foreign flavors  
from the oil. The meat should be packed closely in enough oil to  
cover it. The oil may be used repeatedly for several years.

Food and                    WHAT IS A SENSIBLE ATTITUDE TOWARD FOOD? E. V. McCollum.  
Nutrition                  (Food Facts, vol. 8, No. 6, December 1939, pp. 1, 4.)  
The author states as a well-established fact that the  
person who requires from 2,500 to 3,500 calories of energy  
a day, can safely plan a diet that will insure all the organic elements,  
vitamins, and proteins necessary for the maintenance of excellent health.  
He points out the fact that so much has been said about the unique  
nutritive value of dairy products, eggs, meat, green vegetables, and  
fruit that there has been too great a tendency to reduce the consumption  
of wheat. A problem that is economic as well as dietetic has resulted,  
since the livelihood of wheat farmers is involved. He says that we  
could do without bread entirely, but we would gain nothing from so doing.

Food and                    BAKING TECHNOLOGY AND NATIONAL NUTRITION. James A.  
Nutrition                  Tobey. (Scientific Monthly, vol. 49, No. 5, November  
1939, pp. 464-468.) The author discusses the art of  
baking bread from the dawn of history to the present  
time. He says that bread made a quarter of a century ago was composed  
largely of wheat flour, salt, and water fermented with yeast of some-  
what uncertain quality. Modern bread is more than wheat flour; its  
ingredients include milk, pure yeast, fat, and some form of sucrose or  
dextrose, or malt extract. In regard to the lost nutrient so many times  
mentioned in relation to modern bread, he says that wheat bread with  
milk is a fairly good source of vitamin B<sub>2</sub>, but that it contains only  
about one-fifth the usual B<sub>1</sub>. He closes by saying that though good  
bread is not the foundation of every well-balanced daily diet, modern  
bread is superior to bread of the past.

Food and                    HERBS FOR THE KITCHEN. Irma Goodrich Mazza. (Little,  
Nutrition                  Brown and Co., Boston, 1939, pp. xv 312.) Contains  
descriptions of various herbs for use in perfumes and  
cooking, and gives hints on handling them. Recipes  
compose a considerable part of the book.







DON'T BE SO KIND TO YOUR BURGLAR! Do you make it easy for a prowler to rob you, or invite a second-story man to break into your home?...Even the most polite canvasser may be the burglar's pal. Read how burglars operate-- and how to stymie them. Frank W. Brock and John L. Fairey. (Better Homes & Gardens, vol. 18, No. 1, September 1939, pp. 13, 68, 69, 75 and 76.) This article gives some rules for protecting oneself against burglary when leaving the home for a few hours and when going away on vacation, as well as at other times. It explains some of the methods used by burglars.

TRENDS IN RURAL RETAILING IN ILLINOIS 1926 to 1938. Robert V. Mitchell. (University of Illinois, Urbana, Bureau of Business Research Bulletin Series No. 59, vol. 36, No. 100, Aug. 11, 1939, pp. 63.) The report of a study whose purpose was, as far as possible, to explain economic and industrial conditions within the State and to investigate methods of obtaining the best executive control of business. It contains data on sales trends in village stores, factors influencing sales of village stores, and advertising and credit.

THE CHAINS ADJUST THEMSELVES TO STATE TAXATION. Reinhold P. Wolff. (Dun's Review, October 1939, pp. 22-28 and 46-47.) This article discusses the question of the effect on consumers of acts to tax chain stores, and tells in what instances the tax may be passed on to the consumer and when this cannot be so easily done.

HOW SOUTHERN FARM FAMILIES SPEND THEIR MONEY. A consumer purchase survey projection. (Bureau of Home Economics, U. S. Department of Agriculture "Study of Consumer Purchases," and National Resources Committee's "Consumer Incomes in the U. S." Projected by The Progressive Farmer and Southern Ruralist, Birmingham, Ala., 1939, pp. CPS-36, charts, processed.) A compilation of data which shows the spending habits of families in the southern States. It contains many tables of statistics on such topics as expenditures for housing, personal care, and medical services.

ECONOMICS FOR CONSUMERS. Leland J. Gordon. (American Book Co., New York, 1939, pp. x 638.) A study of economics from the consumer's point of view. Chapters: Do consumers control production?, Restrictions on consumer control, Making consumer control effective. Topics: The role of consumers in economic life, freedom of choice, choosing goods for display, fashion-made wants, producer-made wants, the profitable practice of fraud, price appeal, installment selling, consumer education, cooperative buying, buying shelter, buying investments, standards for consumers, governmental aids to consumers.







*Ch. Bealer*  
United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

JAN 26 1940

No. 401.

January 17, 1940

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Equipment FURNITURE FACTS. Frank Curtiss Schmitz. (House Beautiful, vol. 81, No. 11, December 1939, pp. 57, 87, 90, 91, illus.) A series of questions and answers regarding woods used in furniture making and their durability, workability, strength, finish, and appearance.

Equipment CURTAIN ACTS. In selecting your window curtains, give thought to your period furnishings and architectural features. Christine Holbrook. (Better Homes and Gardens, vol. 18, No. 2, October 1939, pp. 24, illus.) The titles given to 10 pictures are full of suggestions for curtaining "problem" windows.

Equipment FACTS HOT FROM THE OVEN. Genevieve A. Callahan. (Better Homes & Gardens, vol. 18, No. 2, October 1939, pp. 34-35, and 66-67, illus.) One of a series of articles on the use of the kitchen range. This one deals with the use of the oven. The succeeding articles are to take up the "top of range cookery" and broiling.

Equipment L IS FOR LAUNDRY. Gertrude L. Smith. (Woman's Home Companion, vol. 66, No. 11, November 1939, pp. 76-77.) This article discusses plans for laundries.

Equipment KNOW WOOD BEFORE YOU BUY ANTIQUES. Julia W. Wolfe. (American Cookery, vol. 44, No. 5, December 1939, pp. 304-305.) As the title indicates, the article is a discussion of antiques. It says that cherry is of a light and medium red or almost brown when dry, and not so hard as other woods - maple, birch, mahogany, and other woods commonly used in the making of antiques - for it can be dented easily with the fingernails. These latter woods are also described, with points for identification. Walnut was used to some extent also.







Food and  
Nutrition

VITAMINS AND RELATED SUBSTANCES IN YEAST. M. A. Joslyn. (The American Brewer, vol. 72, No. 11, November 1939, pp. 26, 27.) An article in two parts, the second part of which is to appear in the December issue. The first discusses yeast in the diet, the history of some of the vitamins, and the characteristics of vitamins B<sub>1</sub>, B<sub>2</sub>, A, and D. Shows the relative vitamin B and G content of a number of foods, and the comparative B<sub>1</sub> value of another list of foods.

Food and  
Nutrition

FUNDAMENTALS OF CAKE DECORATING--STEP BY STEP. Part IV (continued). Eric Loebelenz. (Bakers Weekly, vol. 104, No. 3, October 21, 1939, pp. 73, 74, 79.) One of a series of articles on decorating cakes. This particular article tells how to mold flowers such as narcissus and daffodils for the decoration of cakes. Patterns or outlines for guidance are included.

Food and  
Nutrition

VITAMIN B THERAPY IN INFLAMMATORY AND DEGENERATIVE DISEASES OF THE NERVOUS SYSTEM. W. J. McCormick. (Medical Record, vol. 150, No. 10, November 15, 1939, pp. 343-345.) An article continued from page 307 in a previous issue. The author points out pertinent factors in our modern living conditions which contribute to vitamin-B deficiency. This vitamin generally is associated with natural foods and is found in seeds, in the germinating parts of fruits, vegetables, and cereals, and in glandular parts of meats. He states that increased use of toasted and steam-puffed cereals is one way of limiting vitamin B<sub>1</sub> in the diet, also that the use of refined carbohydrates such as lactose, dextrose, and glucose in infant-feeding is conducive to B<sub>1</sub> hypovitaminosis. The author also says that another vitamin-B depleting factor not generally recognized is the greatly increased use of tobacco and alcohol in modern life.

Food and  
Nutrition

FLAVOR IN FOODS. Betty M. Watts. (Journal of Home Economics, vol. 31, No. 10, December 1939, pp. 673-679.) Discusses the problem of flavor in food and how flavor may be destroyed by the atmosphere of the kitchen or bakery. It says that one of the causes of loss of characteristic flavor brought about in the rooms where much baking is done is because of the conflicting aromas of chocolate, vanilla, spices, fried doughnuts, and whatnot, the aromas of which are all quickly absorbed by delicately flavored baked goods. It advocates good ventilation for kitchens in order to produce the finest flavor in foods. The importance of a discriminating sense of smell in detecting spoilage in such food as fish, eggs, and other products is mentioned. In many of these, spoilage cannot be detected by chemical testing.







Health CLIMATE AND HEALTH. Condensed by Clarence A. Mills from the book, Medical Climatology, by Charles E. Thomas. (Science Digest, Vol. 6, No. 6, December 1939, pp. 37-42.) The author questions the long-accepted theory that the energetic northerner is more efficient than the native of the tropics. One of his arguments is that the northerner burns up a lot of energy in being energetic, and he says that too much stimulation and accomplishment may affect health adversely. He asks if the answer to the question of climate is not that of "taking things easier." He says that central North America in the vicinity of the Great Lakes is an area that possesses a most invigorating climate, but that diseases, both bodily and mental, become more severe in that region than in climates with less stress. Another factor regarding climate is that a man in a warmer climate can accomplish more work on a loaf of bread as fuel than can the energetic northerner.

Health AIR CONTAMINATION AND AIR STERILIZATION. E. Chant Robertson, M. Elizabeth Doyle, Frederick F. Tisdall, Lewis R. Koller, Francis S. Ward. (American Journal of Diseases of Children, vol. 58, No. 5, November 1939, pp. 1023-1038.) This article deals with the sterilization of contaminated air in hospitals, but it explains how air in any room may be sterilized through the use of ultraviolet lamps.

Health WASP-WAIST MAY BE HARMFUL TO HEALTH. Fannie Brooks. (Agricultural Leaders' Digest, vol. 20, No. 8, November 1939, pp. 59.) In this brief item the author advises women to go slowly in adopting the incoming wasp-waist style. She says that the human figure never was designed to be distorted at the whim of Dame Fashion and predicts that the style probably will not be very long lived and may be harmful to health.

Health WHEAT HOT LUNCHES DO FOR MOUNTAIN SCHOOL CHILDREN. Alva W. Taylor. (Mountain Life and Work, vol. 15, No. 3, October 1939, pp. 6-8.) This article takes up the attendance records of children having hot lunches, their gains in weight and gains in learning, and tells how the community cooperated in providing hot lunches. Other incidental facts are mentioned.

Health THE SUNSHINE VITAMIN. Cure-all or Menace? (Consumers' Digest, vol. 6, No. 6, December 1939, pp. 19-23.) This article, dealing with sunshine and vitamin D, warns the public regarding dosages of sunlight under ultraviolet lamps, and the use of vitamin-D products without the advice of a physician. It quotes the Journal of the American Dental Association as suggesting that since the heart and certain large blood vessels may be partly calcified by an excess of vitamin D, it is quite possible that middle-aged people should avoid sun baths, the use of irradiated foods, and sun-lamp treatments.





Textiles and Clothing ICE CREAM ON A VELVET. (The National Cleaner & Dyer, vol. 30, No. 11, November 1939, pp. 50.) A little item which gives suggestions for removing ice cream from velvet. It says that when the water-soluble part of the ice-cream stain is removed, the albumen left is what causes the pile to mat. Steaming only tends to set the stain containing albumen. It advocates the use of a digester used by laundrymen to remove the albumen. This is worked into the material with a brush or spatula. After standing awhile it is flushed out with water and the pile is brushed in the direction of the nap.

Textiles and Clothing STOP THAT RUN! MORE MILEAGE PER PAIR IS POSSIBLE. Lois Johnson Hurley. (Wisconsin Agriculturist and Farmer, November 4, 1939, pp. 12, 5 illus.) The photographs used are from the United States Bureau of Home Economics and show some of the "do's" and "don'ts" for making hosiery last longer. It advocates washing stockings in a mild suds, warm water, and rinsing well, also the wrapping of hose in a towel for awhile before hanging them up to dry.

Textiles and Clothing PROBLEMS CONFRONTING THE YARN DYER TODAY. Thomas R. Smith. (American Dyestuff Reporter, vol. 28, No. 15, July 24, 1939, pp. P386, P387.) Discusses problems that involve the use of modern dyes, and says that one of the greatest problems of the dyer today is that of securing accurate technical information concerning the application of dyestuffs and chemicals, for no up-to-date textbooks have been published within the past 20 years. Many new products and new methods have recently been introduced so fast that it has been difficult to keep literature up to date. It also says that "the term 'fast color' is undoubtedly the greatest misnomer ever devised. There is probably only one absolutely fast color, and that is Turkey red." It is very often impossible to point out the causes of imperfection in dyeing or lack of uniformity, because dyeing is influenced by the quality of yarn, the grade of cotton, and many other factors besides the composition of the dye.

Textiles and Clothing WHEN BUYING SHOES. (Consumers' Digest, Vol. 6, No. 6, December 1939, pp. 29 and 30.) This article on shoes says that shoes should never be purchased by size but by having the feet measured while standing. It gives 11 points or methods for judging the fit of a pair of shoes. One of the methods uses the X-ray machine.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

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January 24, 1940

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Child Care IF YOUR CHILD WON'T EAT. Dr. Josephine H. Kenyon. (Good Housekeeping, Vol. 109, No. 6, December 1939, pp. 169, 196.) In a letter to mothers the author tells how to handle children who refuse food and do not eat with zest. Among other things she says that children in their second and third years need less, and consequently eat less than they did before, because there is not so great an increase in weight and height as there was in the first year of growth. However, the mother, not knowing the reason for the decrease in appetite, often thinks that her child must continue to eat as much as before, and so she may even feed him forcibly. All this upsets his natural inclination. He rebels by refusing to play and by doing anything to avoid eating.

Child Care CHILDREN'S QUARRELS. Thomas F. Vance. (National Parent-Teacher, Vol. 34, No. 3, November 1939, pp. 9-11.) This article is written for parents who are distressed because their children quarrel. It explains why children quarrel. Recent studies show that activity and aggressiveness, two commendable traits, are some of the causes of children's quarrels. Therefore, quarreling is a good sign rather than a bad one. Some studies show that boys quarrel more frequently than girls; that quarrels occur more frequently among closer friends; and that they become less frequent as children grow older. The conclusion drawn is that quarreling is not so bad as it sounds. It does not indicate that the personality of the child is breaking down; it merely indicates immaturity, healthy activity, and aggressiveness. If there is a tendency to quarrel as an expression of a feeling of inferiority, then the parental maneuvers must be somewhat different in controlling this tendency from what it would be otherwise. Much quarreling can be avoided in the home by directing children into different activities and avoiding competition as far as possible.





Equipment      HOW TO REDUCE SUN HEAT THROUGH WINDOWS. Clifford Strock. (Heating and Ventilating, Vol. 36, No. 12, December 1939, pp. 35-40.) This article discusses the heat load on summer air conditioning and shows how it can be reduced by the use of heat-absorbing glass and by shading. Tables included are to aid in rapid calculation of the amount of heat passing through either ordinary or special glass. The article is confined to a single thickness of flat window glass. As regards heating, the table shows that an unshaded window lets in 100 percent of the heat impinging on it; a window with shade half drawn lets in 68 percent; one with venetian blinds, 58 percent; with shade drawn, 45 percent; with canvas awning, 28 percent; and coated awning, 22 percent. If there are shade trees outside the window, the heat gained from the sun is sharply cut down, sometimes to the point where it becomes of little moment.

Equipment      AGRICULTURE HAS ENGINEERING PROBLEMS IN HEATING AND VENTILATING. Frank B. Lanham. (Heating, Piping, and Air Conditioning, Vol. 11, No. 12, December 1939, pp. 769-774.) In this article the author reviews a few problems in agriculture which involve heating and ventilating practices and indicate how the influence of heating, ventilating, and air-conditioning engineering has improved comfort and efficiency on the farm. In discussing rural housing, it says that it is too often assumed that climatic conditions in the South are far milder than they really are. It speaks of the work that the United States Department of Agriculture, Bureau of Agricultural Chemistry and Engineering, is doing in cooperation with the Departments of Engineering of the University of Wisconsin and the University of Georgia in studying causes and extent of discomfort in typical farmhouses and in developing ways of improving these conditions. Other matters discussed are sweetpotato curing and storing, dairy buildings, hay barns, and freezer-locker systems for the farm.

Equipment      THE EXPERT'S WAY OF USING PAINT AND VARNISH REMOVERS. Ralph G. Waring. (Popular Science, Vol. 135, No. 2, August 1939, pp. 171-172.) This article discusses paint and varnish removers, and gives suggestions for their use. It says to apply paint and varnish remover freely with one-way strokes, and to leave it on until all the old surface softens, wrinkles, or blisters. Peel off this softened material with a flexible putty knife. A newspaper should be used to wipe the knife and should be burned promptly. Recoat the article with varnish remover as often as needed. Use No. 2 steel wool and denatured alcohol for the final clean-up. For this purpose never use gasoline, benzine, or turpentine, in spite of the fact that some directions printed on cans of varnish remover advise their use. Wash thoroughly with alcohol and burlap or bagging. Wipe dry with clean rags. A wooden picking stick will remove old varnish from panel lines and moldings. A scratch brush or fiber brush should be used to clean all carvings. The remover destroys animal bristles.





- Food and Nutrition      FOOD PRESERVATION IN THE SOUTH. C. T. Baker. (Heating, Piping, and Air Conditioning, Vol. 11, No. 12, December 1939, pp. 775-777.) This article outlines methods employed in preserving foods in the South, and indicates the possibilities for further development in this field by the application of modern refrigeration. It also discusses canning and other forms of storage. As regards refrigeration, it discusses various types now in use.
- Food and Nutrition      THE VEGETABLE COOK BOOK, from Trowel to Table. Cora Rose and Bob Brown. (J. B. Lippincott Co., New York, 1939. 279 pp.) Along with tested recipes for the preparation of a long list of vegetables, this book tells something of how and where each vegetable is produced.
- Food and Nutrition      KNOW YOUR CHRISTMAS TURKEY. (Consumers' Digest, Vol. 6, No. 6, December 1939, pp. 23.) A brief item which lists the grades now being given to turkeys. It says that in some markets the turkeys are individually tagged with United States grades and in other places, though the birds are tagged, they are not tagged for the retail trade.
- Food and Nutrition      TEMPTING RECIPES FOR CANNED FOODS. From the Service Kitchen, National Cannery Association. (Home Economics Division, National Cannery Association, Washington, D. C., 1939, 18 pp.) A little book of recipes and menus.
- Food and Nutrition      LET'S SMOKE TURKEYS. (Successful Farming, Vol. 37, No. 11, November 1939, pp. 68.) A description with recipes telling how to salt, cure, and smoke turkeys.
- Food and Nutrition      MOLD GROWTHS ON BAKERY PRODUCTS. A discussion of molds of the bakery, their characteristics, and proposed inhibitors. Part IV. Charles A. Glabau. (Bakers' Weekly, Vol. 104, No. 3, October 21, 1939, pp. 77-79.) This is the fourth in a series of articles on bakery problems with reference to bacteria, molds, etc. This particular one discusses mechanical agencies used in control of mold, such as scrubbing and washing equipment, air conditioning, kinds of cooling and specific radiation lamps; physico-chemical agents such as air washing and mechanical washing with germicide; and chemical inhibitors such as specific organic acid, salts or esters of such acids, specific organic and inorganic compounds.
- Food and Nutrition      SUMMERTIME RECIPES FOR CANNED FOODS. From the Service Kitchen, National Cannery Association. (Home Economics Division, National Cannery Association, Washington, D. C., 1939, 18 pp.) A little book of recipes.





Management DOES DISTRIBUTION COST TOO MUCH? Paul W. Stewart and J. Frederic Dewhurst, with the assistance of Louise Field. (New York: The Twentieth Century Fund, 1939, pp. 403.) From a review of the book in which the reviewer says that what makes this book of special interest and value to the lay reader is the fact that the committee who wrote the book not only answers affirmatively the question posed, but suggests what can be done about it.

The book says that distribution costs are too high, not because of high profits but because of competitive conditions which cause duplication of sales effort, multiplicity of sales outlets, excessive services, multitudes of brands, unnecessary advertising, unreasonable demands, misinformed buying on the part of consumers and lack of proper knowledge of costs among distributors, poor management and planning, and unwise price policies.

As correctives it recommends the expansion and better coordination of Government agencies to inform consumers in order to make them more efficient buyers, the elimination of fraud and misrepresentation in advertising, the development of informational labeling, the establishment of a differentiated pricing system in retail goods, an extension of testing and appraising consumer goods, and further organization of consumer cooperatives.

Management THE CONSUMERS' COOPERATIVE AS A DISTRIBUTIVE AGENCY. Orin E. Burley. (McGraw-Hill Book Co., Inc., New York, 1939, pp. xiv 338.) A report of a study confined to distributive methods, problems, and trends of the consumers' cooperative movement. Emphasis is placed on the marketing method, agencies and policies employed by consumers' cooperatives in fulfilling their member-owners' needs. Chapter headings: Introduction: consumers' cooperative terminology, theory and history; The principles of consumer cooperation and their relationship to distribution; The legal bases of the consumers' cooperative as a marketing institution; Retail consumers' cooperative societies; Consumers' cooperative wholesale societies; Consumers' cooperative services; Personnel problems of cooperatives; The performance of marketing functions by consumers' cooperatives; Consumers' cooperative membership; The relationship between cooperative purchasing of farm supplies and consumer cooperation; Centralization agencies in consumer cooperation; Consumers' cooperative costs of operation; Consumers' cooperative failures; Spurious cooperatives; Government and consumer cooperation; and A summary critique of consumer cooperation.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*C. N. Butler*

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January 31, 1940.

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Sincerely,

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Equipment      HOW TO ESTIMATE MATERIALS FOR UPHOLSTERY REPAIRS.  
(Popular Science, Vol. 135, No. 3, Sept. 1939, pp. 158.) A brief item with a diagram showing how to estimate the amount of material to cover each part of a chair and how to fit the pieces together on the cloth. A small table gives the average amount of material needed for recovering a chair of average size: 3 yd. of covering 54 in. wide; 6 yd. webbing for bottom of seat; 3/4 yd. burlap, 10-oz., for over springs; 3/4 yd. black cambric for underneath seat and over webbing; 1/2 lb. upholstery tacks, 12 oz., for tacking webbing; 1 lb. upholstery tacks, 4 oz., for tacking cover, burlap, and cambric; 6 yd. sewing twine for sewing springs to webbing; 8 yd. tying twine for tying down springs.

Equipment      THE INS AND OUTS OF COLOR. (House Beautiful, Vol. 82, No. 1, January 1940, pp. 41-44.) With numerous illustrations, this article shows the colors used in furnishing Early American, French Provincial, Georgian, Victorian, and Modern rooms. Color combinations for exterior of houses are shown.

Equipment      FURNITURE FACTS. Frank Curtiss Schmitz. (House Beautiful, Vol. 82, No. 1, January 1940, pp. 46, 64.) The third and last in a series of articles on how to appraise and select good furniture. In this article the questions about furniture finishes are discussed, such as: How do varnish, shellac, and lacquer compare? How are highly polished and semipolished surfaces produced? Have the changes in merchandising methods affected furniture?

Equipment      THE RIGHT AND WRONG OF CURTAINS. (Good Housekeeping, Vol. 109, No. 5, November 1939, pp. 102-103, illus.) This article shows and explains how to drape curtains at double and triple-sized windows.





Clothing and  
Textiles

A GUIDE TO TEXTILES. Mary Evans and Ellen B. McGowan.  
(John Wiley & Sons, Inc., New York, 1939, pp. 233.)

The authors say that they have endeavored to compile basic facts concerning textiles which are in common as well as constant use in the household and in clothing, so that the average consumer and student of textiles may be informed of the characteristics of various fabrics, their manufacture, finish, and the care which they require. "A Guide to Textiles" defines such terms as alpaca, angora yarns, and blanket covers. Cleansing agents, types of fabric, finishes of fabrics, knitting, weaving, lace making, stains and stain removal, textile tests, waterproofing, waving of silk, furs and leather are discussed.

Clothing and  
Textiles

SOIL RETENTION OF VARIOUS FIBERS. C. H. Masland, 2nd.  
(Rayon Textile Monthly, Vol. 20, No. 11, November  
1939, pp. 654-656.)

A continuation of an article published in the October issue of this journal. Conclusions are that there are two factors of prime importance in the matter of soil retention on fiber. The first is the diameter of the fiber, and the second is the cross-sectional outline or contour. It says that a fiber of adequately large diameter, but of irregular cross-sectional contour, and one of smooth, circular cross section but of small diameter, exhibit high soil retention; one with a large diameter and approximately smooth, round, cross-sectional outline, substantially free from channels has a low soil retention. The length of the fiber is not a factor in soil retention. The rule that a low soil retention is found in animal fibers and that high soil retention is exhibited in vegetable fibers is fallacious.

Clothing and  
Textiles

THE PHTHALOCYANINES. A new class of Synthetic Pigments and Dyes. Miles A. Dahlen. (American Dyestuff Reporter, Vol. 28, No. 21, October 16, 1939, pp. 620-

621.) The author discusses a new class of synthetic pigments and dyes called phthalocyanines. These have been developed in the last quarter of a century and are copper compounds, some of which are brilliant blue pigments of excellent fastness which are fast replacing the iron blues, ultramarine, and basic color lakes in the coloring of printing inks, paints, lacquers, rubber, wallpaper, and linoleum; also, a brilliant greenish-blue which is used for paper coloring, and for mordant and direct dyeing of cotton; also a green pigment is described. The chemical composition of these is explained and the method of preparation discussed in considerable detail.





Food and Nutrition EASY RECIPES USING CANNED FOODS. From the Kitchen, National Canners' Association. (Home Economics Division, National Canners' Association, Washington, D.C., pp. 18.) A little book of recipes.

Food and Nutrition HARMFUL FOODS. Emmet F. Pearson. TRANSMISSION OF ANIMAL DISEASES TO MAN. Loren E. Orr. Department of Household Science, Springfield, Ill., 1939, pp. 1-15.) In this bulletin, toxic substances which occur naturally in foods, foods contaminated by foreign chemical poisons (including heavy metal poisons, and food preservatives); foods contaminated by harmful bacteria, molds, or parasites, foods which excite allergic reactions, and too much food are discussed. The second part of the bulleting discusses the transmission of animal diseases to man.

Food and Nutrition SPECIAL PURPOSE CANNED FOODS. (Hygeia, Vol. 17, No. 10, October 1939, pp. 921-22.) Discusses planning a diet that will enable a person to burn accumulated fat and at the same time be protected from the dangers of protein, vitamin, and mineral deficiency. Advocates the reading of labels which helps in the selection of canned foods. For instance, water-packed pears should contain no sugar. It gives a list of water-packed foods prepared by different companies.

Food and Nutrition INTRODUCTION TO EXPERIMENTAL COOKERY. Edith H. Nason. (McGraw-Hill Book Co., Inc., New York, 1939, pp. ix 317.) A textbook designed for a course in experimental cookery problems. The contents take up the questions of acidity, flavor, fundamental concepts of colloids, jellies, foams, emulsions, new concepts of proteins, eggs and egg cookery, flours, fruits, and vegetables, and meat cookery. Chapter 4 discusses scoring foods.

Food and Nutrition THE VITAMIN C (ASCORBIC ACID) CONTENT OF TEN VARIETIES OF WATERMELONS. R. E. Clegg and G. Howard Satterfield. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 39-42.) A report on recent work on vitamin C in watermelons. The results show that the vitamin C content of the heart of watermelons varies from 5.04 to 13.70 mg. percent. No relationship exists between the size and shape of the watermelons and the vitamin C content. All varieties contain approximately the same quantity of vitamin C immediately beneath the rind. The preserved and the pickled rind contains little vitamin C.





IMPORTANCE OF CHEMISTRY IN PEST CONTROL. R. C. Roark. (Pests, Vol. 7, No. 11, November 1939, pp. 14-17.) Discusses chemical compounds used in control of pests, their effectiveness, the most effective ways to use them, and precautions to be taken. The chemicals discussed include compounds containing pyrethrum, carbon tetrachloride, hydrogen cyanide, methyl bromide, chloropicrin, fluorine compound, derris (which is the root of a vine grown in the East Indies), borax and boric acid, arsenicals, thallium sulphate, yellow phosphorus, tartar emetic, and petroleum hydrocarbon.

PROCEEDINGS OF THE AMERICAN PHYSIOLOGICAL SOCIETY. Health Fifty-first Annual Meeting, Toronto, Canada, April 26-29, 1939. An experiment in human vitamin A deficiency. George Wald and David Steven. (The American Journal of Physiology, Vol. 126, No. 3, July 1, 1939, pp. P648.) A report of a study for determining the minimal amount of vitamin A required daily. The measuring rod used was the adaptation to darkness. The minimal threshold of the cones was found to be 3.4 times, that of the rods 9.1 times above normal.

COMPLIANCE WITH FOOD-DRUG REQUIREMENTS. Ole Salthe. Health (Bakers Weekly, Vol. 104, No. 4, October 28, 1939, pp. 33-34, 58.) This article, designed for merchants, explains in a very clear manner the intent and meaning of the food and drug law, the preamble of which says it is to prevent the importation, manufacture, transportation, and handling of adulterated and misbranded foods for the purpose of safeguarding the public health and preventing deceit upon the purchasing public.

PROCEEDINGS OF THE AMERICAN PHYSIOLOGICAL SOCIETY. Health Fifty-first Annual Meeting, Toronto, Canada, April 26-29, 1939. The vitamin C requirement of man as determined by a prolonged study of the daily excretion and plasma concentration of vitamin C. Elaine P. Ralli, Gerald J. Friedman, and Sol Sherry. (The American Journal of Physiology, Vol. 126, No. 3, July 1, 1939, pp. P602.) It was found in the cases studied that the maximum retention of vitamin C was effected on a daily dose of 100 mgm. Feeding more than this was accompanied by a prompt rise in the excretion of vitamin C.





*Edith L. Allen*

United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 404

February 7, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Clothing and  
Textiles

THE ADEQUACY OF LABELING CERTAIN TEXTILE FABRICS WITH REGARD TO FIBER CONTENT. Hazel Fletcher and Lois Dennhardt. (Journal of Home Economics, Vol. 32, No. 1, January 1940, pp. 37-40.) A report of a study which indicates that a large part of the information given about the fiber content of fabrics on the open market is not accurate. If the percentage of fiber content were stated on labels, much misinformation given by salesmen to the consumer would be eliminated. Rayon present should be specifically designated as acetate, viscose, or cuprammonium, as the case may be.

Clothing and  
Textiles

TRADE PRACTICE RULES FOR THE INFANTS' AND CHILDREN'S KNITTED OUTERWEAR INDUSTRY. As promulgated June 28, 1939. Federal Trade Commission. (Federal Trade Commission, Washington, D. C., 1939, pp. 6.) A report of the Committee on Standards for Infants' and Children's Outerwear, and gives a series of rules regarding fair trade practices. Among these are one on misbranding, another on fiber identification of product, and another on discriminatory return of articles. This last says in part that nothing in any of the rules herein shall prohibit or be used to prevent the return of merchandise by purchaser for credit or refund of the purchase price when and because such merchandise has not been properly labeled by the seller as to fiber content or has been otherwise falsely or deceptively labeled or represented, or when and because such merchandise is defective in material, workmanship, or in any other respect contrary to warranty or purchase contract.



HINTS ON BUYING TOYS. (Consumers' Digest, Vol. 6, No. 6, December 1939, pp. 46-50.) This article, which discusses various types of toys for children, gives a list of manufacturers of high-grade toys. Some of these have catalogs which may be had on request.

The Child

CHARLES DARWIN AND CHILD DEVELOPMENT. Arnold Gesell. (The Scientific Monthly, Vol. 49, No. 6, December 1939, pp. 548-553.) This article presents a theory of child development conceived by Darwin. The author says that through the theories presented, including this one, Darwin won for man absolute freedom in the study of the laws of nature and that without that freedom it would be impossible today to penetrate into the meaning of human infancy and into the nature of child development.

The Child

THE ANTI-BABEL. An attempt to clarify some controversial points in "guidance." Alfred Adler. (Progressive Education, Vol. 16, No. 8, December 1939, pp. 568-573.) Among other things this article says that nothing is wholly inborn or wholly acquired; that whatever matters is the total concrete situation regarding the personality and ability of any individual. It also discusses needs of the individual for affection, and tensions which show themselves by symptoms which individuals having the care of the child should recognize. It says that we cannot help making people feel like acting in some way, so let's make people feel like acting in the right way. We can make people feel like acting as if they were charmed, provoked, frightened, or bored.

The Child

CAN AN I. Q. CHANGE? Beth L. Wellman. (Parents' Magazine, Vol. 14, No. 9, September 1939, pp. 17, 68-70.) This article discusses changes in intelligence quotients among children studied over a period of years. It shows how children starting out with very high intelligence quotients may lose or gain many points due to poor schools or to other factors entering into their lives. Children who were below average in some instances were graduated as brilliant where they had had particular opportunity, while those starting with an I. Q. showing considerable genius dropped below the average of the population.

The Child

SECOND CHANCE AT MOTHERHOOD. The arrival of the final, unexpected baby into a nearly grown-up family brings complications as well as rewards. Helen Ellwanger Hanford. (Parents' Magazine, Vol. 14, No. 9, September 1939, pp. 30-31, 79, 81.) Discusses problems involved and how to handle the situation in the home where a child is expected that is very much younger than the rest of the children in the family. It tells how the mother should care for herself and introduce the newcomer to the other members of the family.

The Child





Food and Nutrition DIET ERRORS. Harry Snyder. (Food Facts, Vol. 9, No. 1, January 1940, pp. 4.) The author of this paragraph says that the majority of people live on a wholesome, well-regulated diet; that when an excess of food is consumed, rotundity of form follows. He then explains that it is quantity of the intake of all foods rather than the consumption of any one food that produces fat.

Food and Nutrition QUANTITY COOKERY. Nola Treat and Lenore Richards. (Little, Brown and Co., Boston, 1939, pp. 343.) A completely revised edition of the book published in 1922. It contains, as the title indicates, recipes in quantities large enough for serving 50 to 60 portions.

Food and Nutrition FOOD NEEDS IN GROWTH. Margaret S. Chaney. Presented at the Nutrition Conference, New York State College of Home Economics, Ithaca, N. Y., July 17-22, 1939. (Journal of Home Economics, Vol. 32, No. 1, January 1940, pp. 4-10.) The author stresses the importance of diet of the expectant mother in providing for the growth of her child. It lists certain elements needed during pregnancy, with the amount required per day, according to Strauss.

Vitamin A .....	5000 I.U.	Vitamin D .....	800 I.U.
Thiamin .....	2 mg.	Calcium .....	2.5 gm.
Riboflavin .....	4 mg.	Iron .....	30 mg.
Nicotinic acid .....	100 mg.	Protein .....	130 gm.
Ascorbic acid .....	100 mg.		

It then discusses needs for these elements and others as the child grows to adulthood.

Food and Nutrition A STUDY OF FOOD PURCHASING HABITS OF INDIGENT AND NEAR INDIGENT FAMILIES. Sophia S. Halsted. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 12-15.) The conclusion reached is that the subclinical signs of vitamin deficiencies include constipation, anorexia, diarrhea, dermatoses, and vague pains and discomforts, and recommends that the purchasing habits of persons having such complaints should be studied in determining the extent of malnutrition.

Food and Nutrition RECENT VITAMIN RESEARCH: II. VITAMINS C, B COMPLEX and the less well-known vitamin factors. J. Ernestine Becker. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 16-33.) A report of recent work done on vitamin C, B complex and some of the less well-known vitamin factors. A table is given of some of these factors, explaining the name and ascribed function of the factor.

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Equipment THE DAWN OF A NEW DAY FOR ILLUMINATING ENGINEERING.  
D. W. Atwater. (Transactions of the Illuminating Engineering Society, Vol. 34, No. 9, November 1939, pp. 993-1001.) This paper says, in part: "In 1906 we found life in this country very different from today. There was no radio then, only one family in six had a telephone, only 1 in 200 had an automobile, and only 1 house in 10 was wired for electricity. There were no airplanes, no electric refrigerators, and no electric ranges. Various illuminants were used for lighting, principally oil lamps, gas mantles, and carbon filament lamps.

During the past third of the century, the cost of electric current has been cut in half because of engineering accomplishments. Instead of requiring 5 pounds of coal, a kilowatt hour today is generated from less than 1 pound of coal. Alternating current now permits the economical transmission of electrical energy to every part of our country. The 60-watt tungsten filament lamp now produces an average of 792 lumens throughout its life. With recoiled filaments, tungsten lamps produce almost 14 lumens per watt in the 60-watt size. High-intensity, mercury-vapor lamps with quartz-enclosed arcs generate up to 65 lumens per watt in the water-cooled type."

Equipment A SURVEY AND ANALYSIS OF THE PRESENT LIGHTING CONDITION IN HOMES. E. W. Commery. (Transactions of the Illuminating Engineering Society, Vol. 34, No. 9, November 1939, pp. 1003-1024.) This paper discusses a Nation-wide survey made in an effort to appraise improvements made, and such deficiencies as exist in lighting of homes. The survey covered renters and home owners, of whom about 50 percent had incomes above \$2,000 and the remainder below this figure. Sixty-six percent were in communities with populations over 10,000. The method of making the survey is explained in detail. The survey showed marked decrease in the percentage of drop cords used in kitchens, bathrooms, and bedrooms, but that still one-half of all the ceiling luminaries in use are of the bare lamp class. It was found that in 1933, middle-class homes had an average of 1-6/10 portable lamps. In this recent survey there was an average of 7, with slightly more than 3 in the living room. In 1922 the portable lamps had a wattage of 71. Today the average for portables in living rooms is 101 watts. Among other conclusions reached is that the introduction of specification better-sight types of portable lamps has played an important part in introducing better lighting and higher illumination values in the home.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Social                      WHO SHOULD NOT MARRY? Paul Popenoe. (Hygeia, Vol. 17, No. 10, October 1939, pp. 872-874, 939, 943.) This article discusses the mental and physical characteristics which when present prevent happy marriages. The author names the traits and explains their effects. Progressive deafness as a cause of unhappiness in marriage is discussed at length. It points out the distinction between progressive and other types of deafness. It warns that marriage will not work a miracle in solving problems of the adjustment of spoiled or unhappy neurotic individuals.

Social                      PEOPLE. The Quantity and Quality of Population. Henry Pratt Fairchild. (Henry Holt and Co., New York, 1939, 315 pp.) Chapter headings: The Paramount Question; Be Fruitful and Multiply; Genetic Geometry; The Number of the People; Malthus, Right or Wrong; How the People Increase; Why Is a Population?; The Optimum; What of the Future?; How Much Is Enough?; Migration; The Question of Quality; The Humanity of Eugenics; So What? This book is largely made up of an analysis of population statistics. In the closing chapter it doubts if anyone can foretell from population statistics what kinds of households there will be, of what the total population will be, and the standard of living, because there have been radical changes in population trends in the past, such as might occur at any time in the future.

Social                      CULTURE, SOCIETY, IMPULSE, AND SOCIALIZATION. John Dollard. (The American Journal of Sociology, Vol. 65, No. 1, July 1939, pp. 50-63.) In discussing the subject of culture in relation to society and the socialization of mankind, the author says no one knows in detail how children grow up in our society or any other. We have not sufficient observation for a basis of a theory of human learning. He then explains his reasons for these opinions.





Housing PRESENT STATUS AND NEEDS. Blanche Halbert. (Journal of Home Economics, Vol. 32, No. 1, January 1940, pp. 23 and 24.) This brief report tells of the progress made by the United States Housing Authority. It says that all but 10 States now have housing enabling legislation permitting communities to organize local authorities. Two years ago, there were but 46 of these authorities; now there are 266. A new type of rural development is being planned in Montgomery County, Md. It deals with rural, suburban housing, and will consist of a series of 16 suburban villages designed to house low-income white and negro families, each to have from 25 to 50 houses located within easy access of a school, and equipped with at least minimum standard facilities. Two acres of ground will be allocated to each family for garden and recreational purposes.

Housing HOMES OF OUR ANCESTORS FROM MUD HUT TO VICTORIAN PARLOUR. J. S. M. Ward. (Homes and Gardens, Vol. 21, No. 3, August 1939, pp. xvi-xviii.) This article describes an exhibit of homes at Abbey Folk Park, Park Road, New Barnet, England, in which the history of housing from neolithic times until the present is represented by structures.

Housing STEPS AND PAVING. Purposes and styles--construction--edgings--paved terraces--plants for cracks. (House and Garden, Sec. II, Vol. 77, No. 1, January 1940, pp. 20-21.) This article with diagrams tells how to build walks and pavements about the house, also how to construct steps.

Housing MAINTENANCE DEPT. Special equipment and work space are needed behind the scenes in every household. (House and Garden, double number, Sec. I, Vol. 77, No. 1, January 1940, pp. 36, illus.) A brief, illustrated item showing storage closets and rooms for sewing and cleaning equipment.

Housing HOMEMADE HOMES IN ARKANSAS. Esther G. Kramer. (Farm and Ranch, Vol. 58, No. 12, December 1939, pp. 5, 32.) Illustrates and describes home-made homes in Arkansas built from native rock and lumber from the home farm.

Housing REFERENCE DATA SECTION. (American Builder and Building Age, Vol. 61, No. 10, October 1939, pp. 78-79, illus.) This article contains illustrations of six basic bathroom plans and six special bathrooms designed for unusual conditions, and five types of closets. Descriptions of the closets and bathrooms accompany the plans.





Food and  
Nutrition

**FREEZING MAKES BEEF TENDERER.** Below zero temperatures most effective. O. G. Hankins and R. L. Hiner: (Food Industries, Vol. 12, No. 1, January 1940, pp. 49-51.)

A report of studies presented in a paper at a meeting of the American Society for Animal Production. From these experiments it was concluded that freezing steaks at 20, -10, and -40 degrees F. would materially increase the tenderness over that of unfrozen steaks, and that -10 and -40 degree temperatures had significantly more tendering effect than 20 degrees. However, there was no real difference between the effect of the two lowest temperatures.

Food and  
Nutrition

**TENTATIVE UNITED STATES STANDARDS FOR GRADES OF DRIED PRUNES.** Effective September 11, 1939. (Food Industries, Vol. 12, No. 1, January 1940, pp. 55-58.) This

outline of specifications for various grades of dried prunes gives a definition of prunes as "whole ripe plums from which the greater portion of moisture has been evaporated." The fruit is commonly processed with boiling water or steam before being packed. The finished product contains in the fleshy part not more than 24 percent moisture by weight. Two color plates show the extreme variation in color of the prune from a goldenrod yellow to a mirador brown.

Food and  
Nutrition

**HOW TO USE DEXTROSE IN CANNING.** Factors that control the substitution of dextrose for part of the sucrose used in canned fruits and vegetables determined by experiment. E. W. Eickelberg. (Food Industries, Vol.

12, No. 1, January 1940, pp. 33-35.) A discussion of the use of dextrose in commercial canning which has been permitted since December 26, 1930, without any specific mention of whether dextrose or sucrose was used. In this report the amount of dextrose that can be used with certain products without darkening is discussed, and the reasons are given for the discoloration of the dextrose. It was found that time and temperature of processing are not necessarily the causative agents of darkening of dextrose solution, but may serve to increase the effect of other factors present. Metals have little effect upon discoloration of this solution. There is need of study of the influence of amino acids in the discoloration of dextrose. The higher the concentration of dextrose, the greater the possibility of discoloration. Acidity as measured by pH has a most important influence in effecting the caramelization. Dextrose in such products as canned peas, corn, and condensed milk darkens very readily, and therefore, should not be used. In tomatoes all the sweetening material may be dextrose without any difficulty from discoloration.

THE UNIVERSITY OF CHICAGO  
DIVISION OF THE PHYSICAL SCIENCES  
DEPARTMENT OF CHEMISTRY

REPORT OF THE RESEARCH GROUP  
ON THE CHEMISTRY OF THE  
ATMOSPHERE

BY  
J. H. SEARS  
AND  
J. H. SEARS

CHICAGO, ILLINOIS  
1955

THE NEWER KNOWLEDGE OF VITAMIN C IN HEALTH AND DISEASE.

Health

Read before the General Session, American Dietetic Association, Los Angeles, August 29, 1939. (Journal of the

American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 1-11.)

This article discusses the properties of vitamin C, the measurements of the state of vitamin C nutrition, quantitative measurement of vitamin C, normal requirement, requirement in pregnancy and lactation, and in infancy, and requirement in therapeutic diets. Dietary sources of vitamin C are also given.

PRACTICE OF ALLERGY. Warren T. Vaughan, M. D. (The C. V. Mosby Co., St. Louis, 1939, pp. xvi 1082, illus. ) An advanced textbook which explains, among other things,

Health

symptoms and causes of allergies of many types. There are a large number of these. Among some of the allergies discussed are those caused by atmospheric conditions, such as humidity, barometric pressure, heat, wind, and cold. Chapter 12, with X-ray pictures, shows the growth of the allergic child.

THE DEUCE OF REDUCING. Katherine Mitchell. (Covici, Friede, Publishers, New York, 1937, xi 112 pp.) The author, who is a dietitian, discusses the problem of

Health

keeping one's weight within bounds. Chapters: What should you weigh?; Why eat at all?; This stuff called food; The reducing diet; Alcohol; and Menus. She says among other things that height-weight tables are mainly based on figures of 30 or 40 years ago and that people are built differently so that you cannot expect them all to weigh the same for their heights. She recommends the use of three tables worked out recently by the Life Extension Institute. The last of the book is given over to menus calculated to limit the calories while maintaining the other nutritional elements of the body.

SLEEP, THE RESTORER. (Life Conservation Service of the John Hancock Mutual Life Insurance Co., Boston, 1938, pp. 23.) This booklet explains the differences between

Health

refreshing and poor sleep. It says that unrelieved mental fatigue, instead of making the person drowsy, tends to do just the reverse: it stimulates and makes one oversensitive to surroundings. The danger signals that mental fatigue is reaching the breaking point are unreasonable fears, pronounced depression, prostration, and the feeling of utter inability to do simple things without superhuman effort. The booklet then discusses length and depth of sleep, a bed conducive to sound sleep, sleeping habits, and it gives a word of warning against the use of sleep-producing drugs.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*C. N. Dyer*

FEB 29 1940

February 21, 1940.

No. 406

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Sincerely,

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Edith L. Allen,  
Junior Scientist.

Equipment TOILET SOAPS. (Consumers' Digest, vol. 7, No. 1, January 1940, pp. 19-25.) This article, discussing toilet soaps and their good and bad points, says that consumers should not be fooled into the belief that any particular brand of soap contains some mysterious and unique virtue. They should not place faith in claims for pure or purifying odors or for special antiseptic ingredients. The only thing that should go into soap is soap. And it is the only thing needed in soap.

Equipment CARE OF RUGS. You can do wonders at mending or laundering old rugs if care is given. Julia W. Wolfe. (New England Homestead, vol. 113, No. 1, January 13, 1940, pp. 28.) This article given instruction for mending various kinds of rugs, including reinforcement of worn edges and thin places, and this includes tying in new nap where it is worn off. It also tells how to clean rugs.

Equipment THE EFFECT OF ILLUMINATION INTENSITIES UPON SPEED OF PERCEPTION AND UPON FATIGUE IN READING. Miles A. Tinker. (The Journal of Educational Psychology, vol. 30, No. 8, November, 1939, pp. 561-571.) A study of the effects of different light intensities, qualities or color, and distribution on reading ability. It was found that upon 2 minutes' adaptation to each light used, intensities below 10.3 foot-candles retarded significantly the speed of reading. The rate of reading was the same for 10.3, 17.4, and 53.3 foot-candles. Clearness of seeing as measured by the "li" test was reduced by 2 hours of reading under intensity less than 3.1 foot-candles. Clearness of seeing was little disturbed from reading 2 hours under 3.1, 10.3, 17.4, and 53.3 foot-candles. However, there was a slight decrease at the 53.3 level. These findings indicate that the critical level of illumination for reading 10-point type is approximately 3 foot-candles. That is, speed of reading is not increased and clearness of seeing (fatigue) after 2 hours of reading is not significantly changed when the intensity is raised above 3.1 foot-candles. Since a margin of safety is desirable, says the author, it is suggested that 10 to 15 foot-candles be employed for reading type of this size or slightly larger.





PARENTS NEED TO STAND TOGETHER. Helen Ellwanger Hanford. (Parents' Magazine, vol. 14, No. 11, November 1939, pp. 16, 17, 66-69.) This article points out the little things in which parents may differ strongly, but which perplex the child and give it a feeling of insecurity, or builds up in the child a disregard for the authority of one parent or the others.

YOUR CHILD GROWS UP. Edgar A. Doll. (Life Conservation Service, John Hancock Mutual Life Insurance Company, Boston, 1939, pp. 32.) This little booklet is designed to help parents in dealing with their children and in meeting the various situations at different periods in their lives. It points out that there is an ever-changing parent-child relationship which parents must recognize and which we know as growing up. By illustrations some of the milestones of growing up are presented pictorially with a statement of his abilities at each age under 1 year of a child's life to his 18th birthday. It then tells how to put this scale to work in order to judge the progress that the child is making.

THE BABY LEARNS TO EAT. Necessary changes in feeding schedule and diet are easily made when you take your cues from the baby's own growth signals. C. Anderson Aldrich and Mary M. Aldrich. (Parents' Magazine, vol. 14, No. 11, November 1939, pp. 21, 44.) This article explains the changes in formulas and menus necessary for the child at various stages of his growth. It says, among other things, that from time to time the child's appetite will be influenced by his growth, and therefore his desire for food will vary considerably. In the first year of his growth, his whole development has been going on at a tremendous rate of speed and his appetite has increased accordingly. This, however, is followed by a time when he eats considerably less, at the ages of 2, 3, and 4 years, than he ate as a 1-year-old baby. This change in demand for food is often puzzling to parents.

SOCIAL LIFE BEGINS AT TWO. Ruth Ringle Haddock. (School and Society, vol. 50, No. 1303, December 16, 1939, pp. 801-803.) The author points out that the well-rounded normally adjusted infant must frequently get away from home in order to remain a well-adjusted personality, and she describes a kindergarten or nursery school organized by a group of parents who saw the importance of their children's spending some time with others of their own age and ability. The group was kept small, which seemed to be a great advantage in developing intimacy and friendliness among the children.



Clothing and Textiles      OUT OF A MILK CAN! (Wisconsin Agriculturist and Farmer, vol. 66, No. 26, December 30, 1939, pp. 16, illus.) Tells of textiles being made from milk. It predicts that these will be in common use in 1943 or 1944, when "bossy" may supply your whole wardrobe. The author is discussing a talk made by the extension clothing specialist of Wisconsin.

Clothing and Textiles      HOSIERY AND KNIT GOODS. War-time influences. From our own correspondent. (The Wool Record and Textile World, vol. 56, No. 1594, November 30, 1939, pp. 1056 (20).) This article, in discussing the influence of war times on the hosiery and knit-goods trade, points out that there is a considerable shortage of certain yarns needed in knitting, particularly pure silk yarns for knitting hosiery. There is also a shortage of employment in this field, because the increase in price of such stockings has decreased the number of orders and women are now turning to other materials, such as lisle thread. There is also a shortage of employment in this field, because the increase in price of such stockings has decreased the number of orders and women are now turning to other materials, such as lisle thread. There is a tendency to reduce the cost of silk hosiery by reducing the length of the pure silk portion and increasing correspondingly the length of the cotton welt. This can be done to particular advantage in seamless hosiery. There is a very good line of knitted overwear being produced in pure cashmere which is being exported in large quantities to America.

Clothing and Textiles      THE DYEING OF JUTE. The demand for a higher standard of fastness, particularly to light, has necessitated the use of faster and more expensive dyestuffs for furnishing fabrics. D. Carter. (The Textile Recorder, vol. 57, No. 679, October 6, 1939, pp. 43-46.) This article discusses some of the dyestuffs suited to the dyeing of jute and how to secure a higher standard of fastness in their use. It also points out that jute is being used more and more in finishing fabrics, since it has a considerable resemblance to wool in both physical and dyeing properties. Its use is increasing in countries where economic factors preclude the use of large quantities of wool. In these areas jute is being used to the extent of 50 percent in carpet yarns, which had hitherto been composed wholly of wool.

Clothing and Textiles      ALCOHOL DERIVATIVES AS TEXTILE ASSISTANTS. Charles E. Mullin. (Textile Colorist, vol. 61, No. 727, July 1939, pp. 447-450.) A continuation of an article published in the preceding number. It explains the terms used in connection with sulfonated oil about which we have heard so much in recent years in connection with the finishing of textile fabrics and certain other household articles.



THE UNIVERSITY OF CHICAGO

PHYSICS DEPARTMENT  
5301 S. DICKINSON AVE.  
CHICAGO, ILL. 60637  
TEL. 733-9131  
FAX 733-9131

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SUBJECT: [illegible]  
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Food and Nutrition SCIENCE AND NUTRITION. A. L. Bacharach. (Watts & Co., London, pp. xiv 154.) An English book in which is explained the need for major food constituents and which discusses carbohydrates, fat, and protein chemistry along with the major mineral elements, hormones, vitamins, and traces substances needed by the human being.

Food and Nutrition MANUAL OF DIETS. Kate Daum. (William's Surgical Supply Co., Iowa City, Iowa, 1939, pp. 72.) This Manual, prepared by a dietitian, gives instructions for planning liquid diets, soft diets, diets with cooked residue, sieved residue, a diet for increasing residue, a low residue diet, and diets containing various kinds and quantities of carbohydrates, proteins, fats, and minerals as indicated by the physician. The manual is intended to aid those who have to prepare such diets.

Food and Nutrition WHAT TO EAT AND WHY. (John Hancock Mutual Life Insurance Co., Boston, 1939, pp. 24.) This little Cooklet gives in a popular way some simple outlines for furnishing a suitable diet for all members of the family.

Food and Nutrition PRESERVING THE DIETETIC VALUE OF FROZEN FOODS. E. M. Chace. (Journal of the American Dietetic Association, vol. 16, No. 1, January 1940, pp. 34-38.) This article deals largely with the report of the output and stock on hand of frozen foods. It says that the output in 1938 for frozen peas was estimated at close to 84,500,000 pounds. It describes the process usually followed in handling vegetables to be frozen, and discusses methods which result in the least loss of significant factors. It closes by saying that at the present time there is a year's supply of frozen vegetables in storage, according to some of the trade publications. The opinion is expressed that this large surplus is due in part to the fact that some poor-quality vegetables have been packed by someone and the packing and other production and distribution operations carried on without regard to well-known and well-founded practices.

Food and Nutrition THE WORKING GIRL MUST EAT. Hazel Young. (Little, Brown & Co., Boston, 1938, pp. vi 208.) A cooking manual for the business woman who cooks for herself or family while doing a day's work outside the home. The book is set up in such a way that a menu is given, then a plan of work, recipes, and instructions for preparations to be made at one meal for the next. There are in all 100 menu suggestions.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

APR 5 - 1940

No. 407

February 28, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Management LABELING THE CONSUMER MOVEMENT. Werner K. Gabler.  
(American Retail Federation, 1627 K Street, NW.,  
Washington, D. C., 1939, pp. 58.) An analysis from the  
retailers' point of view of organizations and agencies engaged in consumer  
activities, this booklet discusses the size and area of the consumer move-  
ment; the causes and the effect of this movement upon the psychology of the  
American people; also the different groups and organizations making up the  
movement. Chapter 6 discusses the efforts of retailers to meet demands of  
the consumer movement. In conclusion, the author says that there is a sub-  
stantial gain in the consumer movement. The middle groups who do not wish  
to join the militant group of consumer cooperatives are turning more and  
more to Government help. Some merchants consider it merely a passing fad.  
However, the developments lead to the conclusion that the great inarticu-  
late multitude of consumers is slowly becoming articulate and seeking the  
strength of organization.

Management NEXT STEPS IN CONSUMER EDUCATION. Paul H. Nystrom.  
(Forecast, vol. 55, No. 8, October 1939, pp. 385-387.)  
A continuation of an article in the previous magazine  
which discussed the relation of income to consumption and began to outline  
the content of adequate consumer education. Though the author advocates a  
budget, he says that a realistic attitude needs to be taken toward all arti-  
ficially calculated budgets, particularly those given to support proposals  
for minimum wages or reforms for selected groups. This article gives con-  
siderable space to training in better and wiser selection and use of goods  
purchased. One of the important things is not only to know how to ask  
questions but to know what questions to ask regarding goods being purchased,  
in order to get usable information. The fine print of labels should be  
read, as well as the large and showy words.



Personal MY SON HAS A NEW JOB. Logan A. Scott. (Nation's Business, vol. 27, No. 11, November 1939, pp. 38-40, 64.)

In this letter a father tells a son, who has been promoted to an executive position, some of the things that may help him toward success. The recommendations can be applied by any office worker. The letter emphasizes the importance of accuracy, and of cordiality in relationship with other workers. It tells how to use the telephone and to deport oneself inside the office.

Personal PSYCHOLOGY IN EVERYDAY LIFE. Walter C. Varnum. (McGraw-Hill Book Co., New York, 1938, pp. xii 444.) Intended for nonprofessional students of psychology, this textbook emphasizes the practical side of the subject. Among the chapter headings are: Biological basis of action, Nature and measurement of intelligence, Human engineering, Psychology of learning, How to study effectively, Learning to use symbols, The use and abuse of emotion, How to improve the personality, Life planning, Contacting our world, Understanding our world, and Salesmanship and consumer education.

Personal A GUIDE TO GOOD GROOMING. HAIR. BRUSH UP AND SHINE. Pauling Crook. (Forecast, vol. 55, No. 7, September, 1939, pp. 336-338, 340.) This article, by the grooming consultant of Stephens College, tells how to care for the scalp and hair. Some preparations now on the market for improving the condition of the hair and scalp are discussed.

Personal WE GROW OLD. E. V. Cowdry. (The Scientific Monthly, vol. 1, No. 1, January 1940, pp. 51-58.) The author points out the fact that there is much to learn from certain individuals who grow old slowly and graciously. She then describes a number of such persons, and discusses the attitudes that people take toward growing old. Those with favorable attitudes seem to approach old age with a relish, but all too many strive against it with all their might and main. What they fear is not death so much as a time when their powers fail, and they lack poise and other desirable attributes. "The really happy aged person holds his head high and consequently avoids a feeling of inadequacy because he or she is able to do something extremely well. It makes very little difference what this something is as long as its value is appreciated by others." To have something to do when one begins to feel the handicap of years, one must make a beginning before that time approaches. In a table of average life expectancy, the present life expectancy is given as a little over 60 years, with a possible expectancy in the near future of 70 years, and a maximum of 75 years.





Equipment FURNITURE FACTS. Frank Curtiss Schmitz. (House Beautiful, vol. #82, No. 1, January 1940, pp. 46, 64.)  
The third and last in a series of articles on how to appraise and select good furniture. In this article the questions discuss furniture finishes, such as "How do varnish, shellac, and lacquer compare? How are highly polished and semipolished surfaces produced? Have changes in merchandising methods affected furniture?"

Equipment MODERN PLASTICS. A catalog. (Modern Plastics, vol. 17, No. 2, October 1939, illus.) A compilation of material used in the magazine, "Modern Plastics," which has been compiled for the October issue. This catalog explains the chemical composition, general characteristics, methods of use, and typical applications of various plastics. It lists the forms in which each plastic is available and its outstanding properties. The trade name under which each plastic is sold is also listed.

Equipment DECORATIVELY SPEAKING. The essentials and principles of interior decoration. Gladys Miller. (Doubleday, Doran & Co., Inc., New York, 1939, pp. xvi 374, illus.)  
Deals largely with the historical development of home furnishings and is profusely illustrated with diagrams and photographic plates. Chapter headings are: Italian and Spanish influences on decoration, Seventeenth-century English furnishings, Late seventeenth- and early eighteenth-century furnishings, Georgian furnishings, The colonial, early American, and Federal furnishings, the French period furnishings, The little periods of the nineteenth century, Twentieth-century furnishings, and Decorating fundamentals. In each chapter are suggestions for present-day adaptations of the particular type of furniture being discussed in home furnishing.

Equipment HOME DECORATION. ITS PROBLEMS AND SOLUTIONS. Ross Stewart and John Gerald. (Garden City Publishing Co., Inc., Garden City, N. Y., 1938, pp. x 324, illus.)  
Contents: The essence of decoration, The basic principles, The architectural background, Color, Room composition, Floor covering, Fabrics and their uses, Windows and their treatment, Lighting, The decoration of special rooms, New rooms for old, Buying furniture, Practical suggestions, Elements of traditional styles. Though the text deals largely with the more elegant forms of decoration, many of the suggestions can be used in the average home.





Food and Nutrition      HEAT AND THE NUTRITIVE VALUE OF PROTEINS. (The Journal of the American Medical Association, vol. 114, No. 1, January 6, 1940, pp. 42.) This article discusses the fact that, though many foods are lessened in nutritive value by cooking, because of the destruction of vitamins or the loss of minerals in broths and cooking water, some other goods have their biologic values improved. Among these are beans.

Food and Nutrition      VITAMIN K. E. A. Doisy, S. B. Binkley, S. A. Thayer, and R. W. McKee. (Science, vol. 91, No. 2351, January 19, 1940, pp. 58-62.) Discusses the history of research on vitamin K and its sources, methods of extraction, purification, and structure. So far, not enough work has been done on the therapeutic applications to permit a general statement, but a promising start has been made.

Food and Nutrition      EXPERIMENTAL FOOD STUDY. Agnes Fay Morgan and Irene Sanborn Hall. (Farrar & Rinehart, Inc., New York, 1938, pp. xvii 414.) A laboratory textbook prepared for use in the beginning course on foods in university department. It is highly technical.

Food and Nutrition      THE FOODS OF PUERTO RICO. Viola T. Glenn. (Journal of the American Dietetic Association, vol. 16, No. 2, February 1940, pp. 145-148.) Describes tropical fruit grown in Puerto Rico, such as the plantain, the chayote, the banana, calabaza, yucca, and dasheen. It also tells how these foods are used.

Food and Nutrition      VITAMIN P. (The Journal of the American Medical Association, vol. 114, No. 1, January 6, 1940, pp. 43.) Discussion of vitamin P which says that there probably is some physiologic relationship of vitamin P to the anti-hemorrhagic factor vitamin K. Further work is needed on this vitamin.

Food and Nutrition      AN INTRODUCTION TO TROPICAL FOODS. Warren T. Vaughan. (Journal of the American Dietetic Association, vol. 16, No. 2, February 1940, pp. 110-116.) The author, who is interested in allergy, discusses many new tropical foods which might help in planning diets for the allergic person, and suitable for the variation of the diet of other people. A table gives information concerning these foods, such as the saptodillaplum, pineapple, breadfruit, papaya, starapple, dasheen, yam, marmalade fruit, mango, tapioca, banana, avocado, guava, and chayote.

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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 408

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Extension      THE COUNTY AGENT. Gladys Baker. (The University of Chicago Press, Chicago, Ill., 1939, pp. xxi 226.) A report of a study made in preparation for an advanced degree. Chapter headings: Background organization for agricultural development, The origin and development of the county agricultural agent to post-war period, Post-war development of county agent work, County agent work under the Roosevelt administration, The system of responsibility of the county agricultural agent, Financial support of the cooperative Extension Service, Personnel, The negro county agent, and Observations and conclusions. This book deals mainly, as the title indicates, with the county agricultural agent rather than the home demonstration workers.

Extension      RURAL HOMEMAKERS AND CONSUMER EDUCATION. Minnie Price. (Forecast, vol. 55, No. 8, October 1939, pp. 374.) This article tells something of what is being done in home demonstration work in Ohio in consumer education.

Extension      EXTENSION PROGRAM IN TEXTILES AND CLOTHING. Mary E. Robinson. (Journal of Home Economics, vol. 32, No. 2, February 1940, pp. 82-84.) The author, who is an extension specialist in clothing in Missouri, tells of the extension program in textiles in various States, such as Wisconsin, Illinois, and Missouri. She points out the fact that there is still much lack of factual information about fabrics that women have to buy, and a lack of interesting designs for larger women, both in ready-made garments and in commercial patterns. She tells in part how this problem is being solved through a study in several counties in California by means of a questionnaire presented at extension meetings.



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Food and Nutrition

FLAVOR CONTROL IN BAKERY MERCHANDISE. J. A. Dunn.  
(American Society of Bakery Engineers, Bul. No. 122,  
January 1940, pp. 6.) This was presented on behalf of  
the American Society of Bakery Engineers at the Second  
Food Technology Conference, June 28-July 1, 1939. The author says that much  
progress has been made during the last 10 years in developing cakes and  
baked goods of improved quality, that home baking is being slowly replaced  
by commercially baked products. At present, less than half the cakes and  
sweet goods consumed in this country are commercially baked, although the  
major part of the bread baking is in the hands of the commercial bread baker.  
Much space is given to telling how to detect and eliminate bakery odors and  
tastes. Some of these can be applied in the home kitchen, one of which is  
to keep the turnover of raw materials, bakery products, and wrapping materi-  
als at a maximum rate. Cans and metal equipment should be washed frequently,  
for metal absorbs odors, and later give them up to baked goods. It also says  
that grease that may be deposited on walls also retains odors which may  
affect the palatability of foodstuffs prepared or stored in such a room.

Food and Nutrition

THE RIBOFLAVIN AND VITAMIN B CONTENT OF PINTO BEANS AND  
THE EFFECT OF COOKING ON THESE FACTORS. Edith M. Lantz.  
(Journal of Home Economics, vol. 32, No. 2, February  
1940, pp. 107-112.) A study of the riboflavin and vita-  
min B content of pinto beans made at the New Mexico College of Agriculture  
and Mechanic Arts. The conclusions reached from this study are that cooked  
beans contain about eight micrograms of riboflavin per gram, and that the  
availability of this is influenced by the method of cooking. The amount of  
vitamin lost in discarding "soak" water was negligible. The vitamin B con-  
tent of the raw beans could not be utilized, but the cooked beans were very  
effective in preventing dermatitis in rats. It appears that cooked wheat,  
corn, soybeans, and hegari proved to be better sources of riboflavin than the  
raw grains in a limited number of experiments. This may mean that seeds in  
general may be better sources of the factors of the vitamin B complex than  
has been realized.

Food and Nutrition

DIETETICS FOR THE CLINICIAN. Milton A. Bridges. (Lea &  
Febiger, Philadelphia, 1937, pp. 1055.) The third re-  
vised edition of this textbook on dietetics. It explains  
the mechanics of digestion, physiology and chemistry of  
digestion, vitamin factors in diet, classification and structure of foods,  
distribution of food substances in food materials, the practical evaluation  
of foods, food adjuncts, and case instructions to the dietitian in the  
management of diseases of adults. The last part of the book is given over  
to infant feeding and the dietetic management of diseases of children.





MAKING EDUCATION OF ADULTS, ADULT. Harold Fields.  
Education (Journal of Adult Education, vol. 12, No. 1, January 1940, pp. 40-45.) This article discusses the education of the foreign-born in the speaking and reading of the English language and in mastering some other elementary school subjects. Tells how the curriculum may be enlarged to make it fit the leisure-time interests of adults. It says that the content of courses and the method of teaching such courses must be changed. Lectures must be changed to class exercises in which there is a large share of student participation. There must be ample opportunity for forums, discussions, and debates. Newspapers, circulars, and magazines, as well as textbooks, should be used for practice reading and study.

THE WAY OF ADULT EDUCATION. Earl F. Zeigler. (The  
Education Westminster Press, Philadelphia, 1938, pp. 320.) Though written for church groups, this book contains many statements which might be useful to other groups participating in adult education. Some of the chapter titles are: What is this "Adult Education"? Adult education that takes hold upon life, Educational guidance, Adult education through the study group, Guiding adult growth through counseling, Education in homemaking and parenthood, Adult education in social action, and Educating the educators. It says in the concluding chapters that "A leader, then, is not a 'learned' person who has mastered his subject so thoroughly that he can meet with a group week after week and serve out 30-minute menus of knowledge" but is a learner with adults. It also says that adult leaders of adults do not have much advantage as a rule in age, and it cannot be assumed that their experience with life is materially different from those they are leading. "In other words, the leader of adults is sharing in the same area of life as those whom he is leading." This leader will seek to develop those qualities that make him most helpful to others.

COMMUNITY PLANNING IN ADULT EDUCATION. A practical hand-  
Education book for the administrator of classes for adults. Service Bureau for Adult Education, (New York University, New York, N. Y., 1938, pp. 66.) In discussing such problems as determining the community needs for adult education, planning the program, recruiting students, individual adjustment and guidance, teacher selection and supervision, financing and measuring of results, the authors say in concluding chapters that the method in adult education most talked about today and the least understood is group discussion. The county agricultural program as an example of the measuring of an adult program is discussed.



The Child      HIGHROAD TO HAPPINESS. Muriel W. Brown. (Journal of Home Economics, vol. 32, No. 2, February 1940, pp. 73-77.)  
A review of a book, "Frustration and Aggression," by John Dollard, Leonard W. Dobb, Neal E. Miller, O. H. Mowrer, and Robert R. Sears in collaboration with Clellan S. Ford, Carl Iver Hovland, and Richard T. Sollenberger, published in New Haven by the Yale University Press in 1939. Miss Brown discusses points regarding frustration of adults and children and their reactions to it, particularly by over-aggressiveness. She says that parents and teachers should look upon aggressive behavior in children as a symptom rather than a fact, and, therefore, should refrain from corrective measures, if they have to deal with it, until they are sure they know what is causing a particular child to fight. For adult behavior, the meaning of this study of aggressiveness is even more profound. If we could understand our undigested frustrations which cause us to make war on ourselves and families and our neighbors, there would be much more happiness.

The Child      MENTALLY SUPERIOR AND INFERIOR CHILDREN OF JUNIOR AND SENIOR HIGH SCHOOL AGE. A comparative study of their backgrounds, interests, and ambitions. Glenn Myers Blair. (Bureau of Publications, Teachers College, Columbia University, New York, 1938, pp. 87, paper.) A study made in Columbia University. In the summary and conclusion, a number of factors as to the causes of differences between the dull and superior children are pointed out, such as the occupations of the grandfathers of mentally superior children were also found to rate higher in the Russell-Barr scale than did the grandfathers of mentally inferior pupils. Parents of gifted children in junior and senior high school were found to be much better educated than the parents of ungifted pupils. There was a significant difference between the subjects preferred by mentally superior pupils and mentally inferior pupils. Mathematics was given as one of the subjects preferred by 31.8 percent of the superior boys and was given as the best liked subject by only 8.0 percent of the inferior senior highschool boys. Gifted junior and senior high-school pupils more frequently have hobbies than do the ungifted pupils. This difference is statistically reliable. Differences also were shown in the types of hobbies of the two groups. No marked difference was found to exist between the courses planned for college by the gifted and ungifted high-school pupils.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 409

March 13, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
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Handicraft FROM RAGS, TAGS AND BOBTAILS. Winifred T. Waters Hubbell. (House Beautiful, vol. 82, No. 2, February 1940, pp. 40, 41, 65-66, illus.) An article in which a woman tells about how she became interested in making hand-made rugs, particularly hooked rugs; the equipment needed; and the preparation of the rags used. She also gives suggestions for working out some very attractive designs.

Handicraft POTTER'S WHEEL. W. W. Wheatly. (Popular Science, vol. 135, No. 2, August 1939, pp. 126-130.) This article gives specific directions with a list of materials for building a practical and an inexpensive potter's wheel.

Handicraft DESIGN IN DAILY LIFE. Anthony Bertram. (Methuen & Co., Ltd., London, 1937, pp. 99.) A book on art as applied to useful and fine arts today and yesterday. Being illustrated with sketches that show differences in design of early models, such as water faucets, railroad trains, and automobiles, this book would be helpful to those interested in designs or graphs.

Handicraft GLASS IN THE INDUSTRIAL ARTS SHOP. Milton Berlanstein, Oswego, N. Y. (Industrial Arts and Vocational Education, vol. 29, No. 1, January 1940, pp. 34.) In this article the author gives instructions for frosting, chipping, and other methods of decorating glass. He warns against the danger involved in such processes.





Clothing and  
Textiles

THE MANUFACTURE AND PROPERTIES OF "CASEIN FIBRE."  
Claude Diamond and Robert Louis Wormell. (The Journal of the Textile Institute, Conference number, vol. 30, No. 7, July 1939, pp. p224-p228.) A paper presented at the third annual session of the annual conference of the Textile Institute. Deals largely with the chemistry of casein fibers.

Clothing and  
Textiles

CASEIN FIBRE. G. Heim. (The Journal of the Textile Institute, Conference number, vol. 30, No. 7, July 1939, pp. p213-p223.) A paper presented at the third session of the annual conference of the Textile Institute. Discusses fibers made from casein, explaining the production of the fiber, chemical and physical problems, and giving the chemical composition of these fibers.

Clothing and  
Textiles

CLOTH WIDTH. An Engineering Problem of the Cutting Trade, Alfred C. Abrahams. (Textile Bulletin, vol. 57, No. 11, February 1, 1940, pp. 9, 31.) This article discusses the problem involved in cutting garments economically from cloth of varying widths, for different effects, and the operating cost of manufacture. It explains the difference in quantity of material needed for 36-, 37-, 38-, 39-, and 40-inch material; also for 54-, 57-, and 60-inch material.

Clothing and  
Textiles

SEW AND SAVE. By permission of National Needlework Bureau, sponsors of National Sew and Save Week. (The Spool Cotton Co., New York, 1940. Book No. 137, pp. 48, illus.) A sewing manual, profusely illustrated, that begins with the table showing size and type of needle suited to each fabric, and then takes up steps in making a simple dress, such as selecting the pattern and fabrics and knowing which is the equipment to be used in sewing, pressing equipment to be used, how to fit the pattern, how to lay out and cut the pattern and other steps in sewing.

Clothing and  
Textiles

BRITISH ASSOCIATION MEETING - 1939 - DUNDEE. Papers Prepared for Special Sessions on Jute. (The Journal of the Textile Institute, vol. 30, No. 9, September 1939, pp. P273-P378.) These papers include the Science of Jute by S. G. Barker; Observations on the Swelling of Jute Fibres by W. G. MacMillan; Chemistry in the Processing of Jute by Herbert L. Parsons; The Dyeing of Jute by D. Carter; Rot-Proofing of Jute by H. A. Elkin and W. A. S. White; The Production of Jute, by R. S. Finlow; and Some Economic Problems of the Jute Industry, by J. K. Eastham. This collection of papers contains one of the most complete descriptions and discussions of jute and its handling in publication, as very little scientific work has been done on this particular plant fiber and very little written regarding it.



Management

THE CONSUMER SPENDS HIS INCOME. National Resources Committee. (The National Resources Committee or The Government Printing Office, Washington, D. C., 1939, pp. 47.) This bulletin is a report of the National Resources Committee which has studied the ways in which the consumer spends his money. It gives an account of the total amount of consumer incomes, the incomes of families and single individuals, and the distribution of these incomes in the various groups. It also makes a comparison of what it costs in real incomes and average incomes. In regard to rural-urban differences in real incomes, it says more people have to be supported on the farm family income than is usually considered. It seems probable that the advantages in living costs which farm families enjoy are not sufficient to offset the full amount of difference found between their incomes and those of urban people. Under consumer expenditures it takes up average family spending patterns, deficits and savings, gifts and personal taxes. Regarding these latter, it says that the average gift outlay is somewhat larger than that for personal taxes up to the \$2,000 income. In no group, however, is it large. In the \$10,000 to \$15,000 incomes, it constituted less than 5 percent of the total family income in 1935-36. Under consumer savings, it discusses the reliability of estimates and other matters.

Management

THE FAMILY POCKETBOOK. Frances Zuill. (National Parent-Teacher, vol. 34, No. 4, December 1939, pp. 29-31.) An article that discusses the division of the family's income among the individual members. Topic headings: Sharing, budgeting, and adapting. It says that no single plan for setting up family budgets can be recommended. They are planned to fit specific situations. The so-called standard budget, it implies, is not very helpful.

Management

BETTER BUYMANSHIP. NO. 26-FURNITURE. Leone Ann Heuer. Department of Research. (Household Finance Corp., Chicago, Ill., 1939, pp.38.) This booklet is designed to assist the consumer in buying furniture. It tells when, where, and how furniture should be bought. It gives instructions for selecting wood furniture and explains the advantages and disadvantages of solid wood and veneer. Illustrations show methods by which different parts of furniture are joined together and the points to look for in judging whether or not they are strongly built. One part of the booklet is given over to the choosing of upholstered furniture. The care of furniture is described, and definitions are given for different periods, pointing out characteristics of each. A glossary of furniture woods describes the characteristics of the various woods used in modern furniture.





Equipment

THE MECHANICS OF LIGHT FLUX CONTROL BY PLASTICS. M. H. Bigelow and A. F. Wakefield. (Transactions of the Illuminating Engineering Society, vol. 10, No. 10, December 1939, pp. 1189-1198.) As higher lighting values are used, there is greater need for control of the light flux, and this paper attempts to explain the mechanical means available for this purpose through the use of new reflecting mediums produced from plastics.

Equipment

KITCHEN VARIATIONS. To bring out the best in modern kitchens, the rules for planning must be varied and adapted to suit individual needs. (House and Garden, vol. 77, No. 2, February 1940, pp. 38, 39, and 55, illus.) This article deals with planning the kitchen and is illustrated with floor plans and interior views. One of the most interesting plans has a corner with a gate which forms a pen in which a child can play while the mother is at work. Another plan shows an arrangement which forms a passageway to the dining room from the butler's pantry.

Equipment

CAST-IRON REGULATIONS. (House and Garden, Sec. II--33 houses and plans, vol. 77, No. 2, February 1940, pp. 42-43, illus.) The old black spider or skillet is defended in this article, the advantages being that it holds the heat evenly, the food does not stick or burn, the utensil improves with age, and the heating being slow, steady, and dependable makes it ideal for omelets, soups, stews, or "steam-fried chicken." Cast iron is easy to clean and lasts a lifetime. It then tells how to care for such utensils, the instructions including how to season the utensil and cover separately, thoroughly scouring with steel wool, hot water, and cleansing powder, then greasing with unsalted fat or suet and placing in a warm oven for an hour, scouring it again and greasing again, and wiping out the grease.

Equipment

ELECTRICITY ON FARMS. A Study by the Farm Journal and Farmer's Wife, 1939. (Farm Journal and Farmer's Wife, Philadelphia, 1939, pp. 95.) Statistical tables, maps, and charts show the number of farms receiving electrical service throughout the United States, by regions, and by States. Of the 6,421,335 occupied farms of the United States, according to this 1939 survey, 1,490,066 have been electrified; 4,931,269 have not. In other words, 23.2 percent of the occupied farms of the United States are now electrified.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 410

March 20, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Management

CONSUMER EXPENDITURES IN THE UNITED STATES. Estimates for 1935-36. National Resources Committee. (Superintendent of Documents, Government Printing Office, Washington, D. C., 1939, pp. ix 195, price 50 cents.) A complete report of the estimates for 1935-36 of consumer expenditures in the United States. Main titles: Average patterns of consumer spending, which includes how families spend their incomes, and how single individuals spend theirs. The national consumption in 1935-36 includes the American consumer market, the savings of American consumers, income transfers through gifts and personal taxes, the consumption of institutional residents, consumer services supplied by private and public agencies, and comparisons with other consumption studies.

Management

HOW TO SPEND MONEY. How to Get Your Money's Worth. Everybody's practical guide to buying. Ruth Brindze. (Garden City Publishing Co., Inc., Garden City, N. Y., 1938, pp. xi 297.) The purpose of this book is to aid in buying home supplies. Chapter headings: The call to arms, Yardsticks for yard-goods, What well-dressed women wear, Suiting the man about town, Glorifying the American leg, If you like nice things, The skin game (luggage, handbags, gloves), Smart footwork, Look before you sleep (springs, mattresses, pillows), As you make your bed, Medicines and bathroom supplies, Table service, Let there be light, The great mystery--what's in the can? The poor fish, A neat course, Dairy products, What is ice cream? Picking fruits and vegetables.



Housing                    HOUSING IN RURAL AMERICA. Florence M. Swire. (Rural Sociology, vol. 4, No. 4, December 1939, pp. 449-457.)  
An analyses of data collected in the Farm Housing Survey of 1934, relating to rural housing conditions in eight geographical regions. This analysis shows the high percentage of houses lacking adequate facilities and the need for a long-term rural housing program. It reports that millions of rural Americans tolerate unsanitary, inconvenient outdoor toilets, carry water from wells, do without central heating, and lack a kitchen sink.

Housing                    NEW HOMES FOR OLD. Public Housing in Europe and America. William V. Reed and Elizabeth Ogg. (Foreign Policy Assoc., Inc., New York, N. Y., 1940, pp. 112, illus.) This paper-bound book discusses: Why housing? How modern cities grew; Patchwork remedies and promising plans; The heart of the problem; England and France; Austria and Germany; Sweden and Holland; Cities of today and tomorrow; America, what next? The book deals almost exclusively with housing in large urban centers. Space is given to similar housing in other countries such as England, France, Germany, Sweden, and Holland, with an explanation of how they have financed their housing projects.

Housing                    THE ELECTRIC LIGHT AND POWER INDUSTRY IN THE UNITED STATES. Statistical Bulletin No. 6, year 1938. (Edison Electric Institute, New York, N. Y., Pub. No. G2, May 1939, pp. 34.) A report from the Edison Electric Institute. It says that a total of 165,074 farm homes were connected with electric current in 1938, bringing the number of farms served to 1,406,578, or 21.9 percent of the farms with occupied dwellings, or 32 $\frac{1}{2}$  percent of the farms have dwellings valued in excess of \$500. This is an increase over the number in 1930, when the number of homes electrified was 649,919, or 10.9 percent of occupied dwellings and 16.8 percent of those valued in excess of \$500.

Housing                    THE HOUSE. A text for a college course on the house. Tessie Agan. (J. B. Lippincott Co., New York, 1939, pp. xi 622.) A textbook for use in colleges. It is arranged in units under the following titles: The house; The modern family and its housing needs, Meeting housing needs on the family income, The house and its environment, Providing efficient work centers and adequate storage space, Some basic considerations in choosing and arranging home furnishings, Standards of quality for certain home furnishings, The house and its equipment, The house: its fundamental equipment, Choosing equipment for the food preparation and service centers, Provisions for cleanliness in the household.



1. The first part of the paper discusses the importance of understanding the underlying mechanisms of the observed phenomena. It highlights the need for a comprehensive approach that integrates various disciplines to address the complex nature of the problem.

2. The second part of the paper focuses on the development of a theoretical framework that can explain the observed patterns. This involves identifying the key variables and their interactions, and formulating hypotheses that can be tested empirically.

3. The third part of the paper presents the empirical results of the study. It includes a detailed description of the data collection process, the statistical methods used for analysis, and the interpretation of the findings. The results show that the proposed framework is able to explain a significant portion of the observed variance.

4. The final part of the paper discusses the implications of the findings for future research and practice. It suggests that the developed framework can be used as a guide for understanding similar phenomena in other contexts, and that further research is needed to refine and expand the model.

Social      KNOWING YOURSELF AND OTHERS. Donald McLean. (Henry Holt & Co., New York, 1938, pp. xi 275.) A book designed to give people an insight into general principles of human conduct. The chapters concern popularity, love, and security. In conclusion, the question What is a normal person? is discussed.

Social      THE SOCIOLOGY OF RURAL LIFE. T. Lynn Smith. (Harper & Bros., New York, 1940, pp. xx 595.) The contents included in the five parts of this book relate to: I. The rural world. II. The number, origin, distribution, and importance of the rural population; physical characteristics and health; psychological characteristics and mental health; fertility; mortality; and migration. III. Form of settlement, size of land holdings, social differentiation and stratification, marriage and the family, education, religion, and political institutions. IV. Competition and conflict in rural society, cooperation, accommodation, assimilation, and social mobility. V. Conclusions. The book is written for students of rural sociology, but is also adapted for the use of others engaged in activities designed to increase the welfare of the people on the land. Many comparison are made between rural and urban conditions.

Social      THE TRANSMISSION OF FARMING AS AN OCCUPATION. W. A. Anderson. (Rural Sociology, vol. 4, No. 4, December 1939, pp. 433-448.) A study of the transmission of farming as an occupation down through three generations, as compared with nonfarming occupations in upper-class New York families. Support is given to generalizations indicating the decreasing transmission of occupations from fathers to sons in succeeding generations; the self-perpetuating character of farming as an occupation; the transference of the occupations to the oldest sons most frequently; and the entrance of sons of farmers who do not follow farming as an occupation into all types of occupations.

Social      ACTION PROGRAMS FOR THE CONSERVATION OF RURAL LIFE AND CULTURE. Lowry Nelson. (Rural Sociology, vol. 4, No. 4, December 1939, pp. 414-432.) A discussion of what there is in American rural culture that we wish to conserve. It takes up the action programs in the field of maintenance of the vitality of the population, programs for the reduction of mortality and morbidity, and for the conservation of rural culture.





The Child                    THUMB AND FINGER SUCKING IN CHILDHOOD. William S. Langford. (American Journal of Diseases of Children, vol. 58, No. 6, December 1939, pp. 1290-1300.) A technical discussion of the problem of thumb and finger sucking in childhood. The conclusion reached from the information assembled is that, during infancy, thumb and finger sucking occurs as a natural result of the hand-to-mouth reaction, which is most prevalent from the fourth to tenth month of life, and that treatment should be largely limited wherever thumb sucking has become a source of solace for boredom, fatigue, illness, frustration, privation, or punishment, to ameliorating the more obvious sources of emotional dissatisfaction in the child.

The Child                    BED FOR THE BABY. For growing straight bones, the baby needs a firm, roomy bed. Here are new ways of keeping it both comfortable and clean. Dolly Carr. (Parents' Magazine, vol. 14, No. 10, October 1939, pp. 26 and 107.) The author describes new ways for keeping the baby's bed both comfortable and clean. A firm, roomy bed is essential if the baby is to grow straight bones.

The Child                    GROWING UP--SAVAGE AND CIVILIZED. A. Irving Hallowell. (National Parent-Teacher, vol. 34, No. 4, December 1939, pp. 32-34.) This article compares the development and habits and sex knowledge of children of modern civilized parents and those of savages. It says that from the studies made we shall have to revise many of the generalities we have been making in connection with our studies of culture and development compared with the culture and development of primitive children. Among other things the behavior patterns of the adolescent are not universal. Samoan girls do not go through a period of stress and readjustment in adolescence. The idea also has been challenged that children think naturally and spontaneously in animistic terms.

The child                    THE GENERATIONS: A STUDY OF THE CYCLE OF PARENTS AND CHILDREN. E. Miller. (London: Faber & Faber, 1938. Abstracted by F. C. Bartlett, Cambridge, England, in Psychological Abstracts, vol. 14, No. 1, January 1940, pp. 42.) This abstract reports what Miller says of the marriage relationship in relation to the temperamental background involved; the development of child character, the problems of puberty and adolescence; the character of parents; the desire for parenthood; problems of the growing family; and healthy family life. He also deals with what he considers the probable future of family life.



*Crissalen*  
United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 411.

March 27, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Handicraft      A PAPIER-MACHE GIFT PROJECT. Georgia Butler. (American Childhood. Vol. 25, No. 2, October 1939, pp. 22.) A brief item which explains how to make papier-mache dishes, using saucers, oatmeal dishes, plates, and the like, as molds. It directs the handicraft worker to grease the mold with vaseline. After the article has been formed from paste-soaked strips of paper, and painted with water color, it can be decorated with a suitable design made up from gummed, colored, or metallic seals--stars, squares, dots, which can be purchased. The completed dish should be given a protective coat of shellac.

Handicraft      THE EASY WAY TO BLOCK PRINT. Sara Rehtus. (American Childhood. Vol. 25, No. 4, December 1939, pp. 45.) This page, with illustrations, shows how to make block prints, using an old rubber inner tube. The pattern is put on with soft pencil or white or colored chalk. Scissors, paste, and some smooth pieces of wood to which designs cut from rubber may be attached, and water colors or tempera with which to print, are the materials needed. This method of making block prints is very simple, as the designs may be cut out with scissors.

Handicraft      CORN HUSK MATS. Donald Gilbert. (Capper's Farmer. Vol. 50, No. 11, November 1939, pp. 41.) Instructions for making corn-husk mats: The cleanest and longest husks were selected when the corn was snapped. These were put in a large galvanized tub to dampen before braiding. Layers were repeated until the tub was full. The braids were about 1 inch in width and composed of a number of strands of husks that were sewed together with a stout darning needle and cord or carpet warp. They were used for door mats.

Handicraft      HINTS FOR THE HOBBY CLUB. Roberta Leber. (Forecast for Home Economists. Vol. 55, No. 10, December 1939, pp. 501, 534.) Simple instructions are given for making pottery, with a limited amount of equipment.





HERB GARDENING. A fascinating and profitable occupation. Food and Martha E. Bonham. (Ohio Farmer. Vol. 185, No. 3, February 10, 1940, p. 29.) Tells how an English woman is raising many varieties of herbs, including 21 kinds of thyme. Her herb farm contains 8 acres. The article tells how she has developed her industry from a small beginning until now she is marketing not only the dried herbs, but also perfumed soaps and other products manufactured from them. Nutrition

HOW REFRIGERATION AFFECTS THE PHYSICAL CHARACTERISTICS OF COOKIES. Charles A. Glabau. (Bakers' Weekly, Vol. 104, No. 12, December 23, 1939, pp. 45-46, 64.) This article, in explaining how refrigeration affects the physical composition of cookie doughs, says that the dough for refrigerated cookies must be much thicker than that for cookie dough kept at normal temperature. Many bakers are now making refrigerator cookies because they are shorter and present the appearance of being richer. The change in the consistency of the dough is brought about by the lower temperature. Food and Nutrition

WHY VITAMINS? Vitamins may mean the difference between buoyant health and that under-par feeling. Watch for the danger signals of deficiency. Hope Satterthwaite. (Parents' Magazine. Vol. 14, No. 12, December 1939, pp. 20, 66-67.) The author tells about things that vitamins safeguard against. Vitamin A: Prevents night blindness; helps keep lining membranes of eyes, nose, throat, lungs, and digestive tract healthy; helps to promote normal growth. Vitamin B<sub>1</sub>: Stimulates appetite; promotes normal growth and healthy nervous system; prevents beriberi; aids digestion, elimination, and the supply of breast milk. Vitamin B<sub>2</sub>: Promotes growth; helps to maintain normal skin and nervous system. Vitamin C: Prevents scurvy; helps to maintain normal gums, teeth, and blood vessels; aids in building resistance against infection. Vitamin D: Prevents rickets and helps to build healthy bones and teeth, and general good health throughout life. Food and Nutrition

CONSUMPTION IN OUR SOCIETY. Elizabeth Ellis Hoyt. (McGraw-Hill Book Co., Inc., New York, 1938, pp. ix 420.) A textbook which discusses consumption and choice, consumption and the exchange system, consumption and its measurement, and maximizing of satisfactions. Food and Nutrition





HOME ECONOMICS EDUCATION IN THE UNITED STATES. Benjamin R. Andrews. (School and Society, Vol. 50, No. 1305, December 30, 1939, pp. 841-847.) A paper presented before the World Federation of Education Associations in 1939 that outlines the extent of the work in this country and discusses various sides, telling what is being done in each grade from the sixth grade up through college work. It says that professional training in home economics still remains the chief function of the home economics courses in colleges and universities. Some positions for which it prepares girls are outlined. Considerable space is given to a report on home economics extension work with adults and 4-H Clubs. It says that one of the most important results of home demonstration work is the development of capable leadership among rural women.

THE INTELLECTUAL GROWTH OF COLLEGE STUDENTS. Charles D. Florey. (Journal of Educational Research. Vol. 33, No. 6, February 1940, pp. 443-451.) A report of a study of the intellectual growth of 74 Lawrence College students. Conclusions reached were that there is a real improvement in intellectual ability during college years. There appears to be no relationship between the amount of intellectual gain and the field in which the student majors. At least one-third of the students changed their intellectual status significantly. This is a challenge to the college to make certain that each student is stimulated to the maximum of his potentialities. The large gains made by a few students suggest that at least some who are admitted to college are a long way from intellectual maturity and, therefore, need careful guidance which will result in the maximum development.

DILEMMA OF LEADERSHIP. L. K. Frank. (Psychiatry, 1939, M. H. Erickson, Eloise Hospital. Abstracted in Psychological Abstracts. Vol. 14, No. 1, January 1940, pp. 39.) This abstract says that the need for leadership in any field arises from the fixed, rigid, and unchangeable patterns of thought and performance of those who, by position of seniority, control affairs. The task of leadership becomes one of forcing an acceptance of something which is desired but cannot be taken willingly. There is therefore a consequent transformation of the need for leadership into a need for the expression of aggression and hostility of both the leader and his followers. The creative leader serves primarily to establish a new order. There is inability to recognize creative leaders when they appear and a failure to accept their contribution until some later time.



Equipment CANADIAN AND AMERICAN STANDARD REQUIREMENTS AGREE ON  
SAFETY FOR MECHANICAL REFRIGERATION. Provisions for  
the safe design, manufacture, and installation of  
refrigerating systems are in substantial agreement. Carl F. Brooks.  
(Industrial Standardization. Vol. 11, No. 2, February 1940, pp. 38-39.)  
A discussion of the American Standard Safety Code for mechanical  
refrigeration B9-1939 and the Canadian Engineering Standards Association  
mechanical refrigeration code CESA B52-1939. The table of contents of  
the two volumes is included. Contents for the American code: Scope  
and purpose; Definitions; Building occupancy classification; Refriger-  
ating system classification by type; Refrigerant classification;  
Institutional occupancies; Public assembly occupancies; Residential  
occupancies; Commercial occupancies; Industrial occupancies; Refrigerant  
piping, valves, fittings, and related parts; Design, construction, and  
safety devices; Tests; Instruction.

Equipment BUYING FURNITURE IS A PROBLEM. I Furniture Woods.  
(Consumers' Digest. Vol. 7, No. 2, February 1940, pp.  
55-59.) Discusses various points in the selection of  
furniture as regards the type of wood of which it is constructed. It  
says that from 100 to 150 different kinds of wood are used in the  
manufacture of furniture. However, it discusses only a few of the  
cabinet woods: black walnut, mahogany, maple, birch, gum, and cherry.  
To be continued next month.

Equipment LAND VALUES HOLD KEY TO ELECTRIFICATION. (Electrical  
World. Vol. 113, No. 6, February 10, 1940, pp. 471.)  
Contains a table with simple comparison between rural  
electric activity versus average value of farm land. It says that,  
according to the economic status adopted by the States Planning Board,  
it appears that where the status is very high, high-line service is  
available to 76.5 percent of the farms, and 62.4 percent are connected.  
Where the status is high, service is available to 62.6 percent of the  
farms and 42.4 percent are connected. Where it is medium, service is  
available to 20.2 percent of the farms and 18.3 percent are connected.  
Where it is low, service is available to 18.3 percent of the farms  
and 13.0 percent are connected. Where it is very low, service is  
available to 18.5 percent of the farms and 13.0 percent are connected.  
These data pertain to high-line service from utilities private and  
municipal only, and do not include electric cooperatives, as they do  
not operate in Wisconsin as utilities.





C. N. Baker

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

APR 16 1940

No. 412

April 3, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Health                      ACCIDENT CAUSES. How they may be prevented. Information for teachers. (American National Red Cross, Washington, D. C. 1939, pp. 14.) This leaflet is confined to accidents that could be prevented if proper precautions were taken. It says regarding home, farm, and school accidents, that they are frequent and must be controlled through training in habits of safety that will be practical and permanently effective. For farm accidents, the solution must be worked out by rural schools in cooperation with 4-H Clubs and other rural organizations, including local Red Cross chapters.

Health                      HOME AND FARM ACCIDENT PREVENTION. A handbook for chapters. (American National Red Cross, Washington, D. C. 1939, pp. 21.) A handbook for Red Cross chapters. The purpose of this book is to supply basic information that will help workers in actually preventing accidents in their respective communities without necessarily assuming the sole responsibility for the task. Contents: Organizations and relationships, Methods and procedures, Program--continuous; year-around operations, Program--special seasonal activities.

Health                      GROUP DISCUSSION MATERIAL ON ACCIDENT PREVENTION. 1939 edition. In the home. On the farm. (American National Red Cross, Washington, D. C. 1939, pp. 60.) Contents of this booklet: General information for discussion leader, Our national accident tragedy; Falls--fractures, concussions, etc.; Fires--burns, scalds, shock, asphyxiation, etc.; Cuts, lacerations, bruises, infections, etc.; Poisons, animals, firearms, etc. Each of these topics is intended for group discussion, and topics are given under each to guide in the discussion. General information for the discussion leader is included. Statistics are given as an aid in presenting facts.



Food and Nutrition LEAGUE OF NATIONS. EUROPEAN CONFERENCE ON RURAL LIFE. General Technical Documentation. Rural Dietaries in Europe, report on bread. Report prepared under the auspices of the Health Committee. (Publications Department of the League of Nations, Geneva, 1939, pp. 84.) Contents of this paper include: Deficiency diseases, Methods of improving rural dietaries, Studies of rural dietary which are being made but are not yet available, and countries in which dietary surveys have been made. The latter part of the publication is given over to the report on bread.

The introduction says that the chief characteristic of rural dietaries in most European countries is monotony, since the average peasant household uses only a small variety of foodstuffs. Cereals, being the cheapest, form the basis of most dietaries. In Yugoslavia, the peasants who produce large quantities of milk, butter, and eggs, sell these products to the towns and go short of animal foodstuffs themselves. It is usually economic necessity rather than ignorance that prevents the peasant from consuming a large amount of the meat, eggs, and milk which he produces.

The general summary says that one special advantage of rural diet over an urban one is that the rural people usually eat their food in a fresh and natural state. Regarding deficiency diseases, it is stated that rickets is widespread among children in all Europe, not only due to a shortage of vitamin B, but also to a shortage of calcium and fats in the diets.

Food and Nutrition NUTRITION FORUM AT CORNELL WILL PRESENT EXPERTS. Kathleen H. Small. (Agricultural Leaders' Digest, Vol. 21, No. 2, February 1940, pp. 28.) A report of the Food and Life Nutrition Forum held at Cornell University in February 1940. Topics on the program are: Protein and calorie needs, Mineral metabolism, Vitamin metabolism, Adult nutrition and longevity, and Child nutrition and family feeding. The belief of those taking part is that greater vigor, a longer life, a larger stature, and a higher level of cultural attainment result from sound nutritional habits.

Food and Nutrition THE ELIMINATION DIETS IN THE DIAGNOSIS AND TREATMENT OF FOOD ALLERGY. Albert H. Rowe. (Journal of the American Dietetic Association, Vol. 16, No. 3, March 1940, pp. 193-198.) This article says that food allergy is definitely lessened in many patients during summer months, yet it is increased in degree from September to April. Food allergy is benefited by inland and dry areas, which fact explains why certain patients can take food in the interior of California and not on the coast.





Clothing and Textiles      COMPLETELY NON-FELTING WOOL AND ITS USE IN TEXTILE MATERIALS. A. J. Hall. (The Journal of the Textile Institute, Conference Number, Vol. 30, No. 7, July 1939, pp. p232-p237.) This paper deals with the process of making nonfelting wool and with its use.

Clothing and Textiles      HOSIERY HAZARDS. Reduce them with the right technique. Nina Burke. (The Western Farm Life, January 1, 1940, pp. 10.) Tells how to select the right length of hose and the right foot size; that stocking sizes  $2\frac{1}{2}$  to 3 sizes larger than the shoe size give the correct foot length. Leg lengths come up to 36 inches, and to give satisfaction the stockings must cover well the bend of the knee. Wearing 4-thread silk stockings for every day will save a hosiery budget. Save the 2- and 3-thread sheers for special occasions. The item then tells how to mend a stocking before the thread breaks.

Clothing and Textiles      THE OAK COLORS. Special contribution to the Textile Colorist. A. E. Karr. (Textile Colorist, Vol. 61, No. 729, September 1939, pp. 591-594.) Tells how dyes are prepared from oak trees and explains the method of obtaining variations in color.

Clothing and Textiles      ANCIENT EGYPT, THE LAND OF LINEN. Alfred Leis. (Textile Colorist, Vol. 61, No. 728, August 1939, pp. 531-532.) Gives the history of the use of linen from prehistoric times in Egypt to the present. It is based on material in the Ciba Review, published by the Society of Chemical Industry in Basel. It describes not only the garb of the people of different periods, but also methods of weaving linen and types of looms used.

Clothing and Textiles      CASEIN FIBER. The manufacture and properties. C. Diamond and R. L. Wormell. (Textile Colorist, Vol. 61, No. 728, August 1939, pp. 525-526.) A detailed explanation of the manufacture and properties of casein fiber now being produced in limited quantity under the name of lanital. The felting properties of casein fibers are greater than those of cotton and linen. Explains why this should be, when the casein fiber has no scales as does wool; it seems to have an adhesiveness that is not deep seated and is readily broken down by working the dry fibers. Felting may be the result of some superficial hydrolysis of formaldehyde from the surface layers which make a gel-like surface. A similar explanation is given by some authorities for the felting of wool due to a change in the cuticle layer.



Social                    A BETTER RURAL LIFE. Edgar Schmiedeler. (Joseph F. Wagner, Inc., New York City, 1938, pp. vii 304.)  
This book is written for use in Catholic schools.  
Considerable space is given to a discussion of how the Extension Service is improving the rural home.

Social                    RURAL COMMUNITY ORGANIZATION. Dwight Sanderson and Robert A. Polson. (John Wiley & Sons, Inc., New York, 1939, pp. ix 448.) A book intended for the student of sociology who has had a general course in sociology or rural sociology. It takes up the scope of rural community organization, the development of a rural community, village-country relations, aims and objectives of community organization, types of such organization, and gives some case studies in community organization. In a discussion of techniques for making organizations effective in community leadership, the author says that organizations usually arise in response to the recognition of some common need. This may be spontaneous. When a group is new, people are interested in joining it; then follows a comparatively long period in which the original purpose of the organization is carried out. When this job is accomplished there is usually a crisis and the organization declines in membership. The author says that this chapter is not an argument for maintaining or giving long life to organizations that no longer have a recognized purpose. Its aim is to suggest making effective the organizations that are needed and to assist them to make larger contributions to community welfare.

Social                    FUN FOR THE FAMILY. Jerome S. Meyer. (Greenberg, New York, 1937, pp. xii 288.) A book of games and puzzles, magic tricks, stunts, and the like for the home.

Social                    LEISURE--A NATIONAL ISSUE. Planning for the Leisure of a Democratic People. Eduard C. Lindeman. (Associated Press, New York, 1939, pp. 61.) Contents:  
Steps toward a national policy for the leisure of the American people, Conflicting conceptions regarding ways for meeting our recreational needs, The importance of the cultural tradition as a basic factor in national planning, Resources needed for a national program for leisure, and Planning involves both specialization and generalization.

Social                    THEORY OF HUMAN CONSERVATION. N. L. Whetten. (Rural Sociology, Vol. 4, No. 4, December 1939, pp. 385-398.)  
The first part of this paper deals with the relationship of the human being to natural resources. The second part deals with aspects of human conservation, and the third part is concerned with human conservation involving both biological and environmental considerations.





United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 413

April 10, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

General                      O. E. S. FIFTH READER. Sybil L. Smith and Georgian  
Adams. (Journal of Home Economics. Vol. 32, No. 2,  
February 1940, pp. 95, 96.) A list of Experiment  
Station bulletins reporting research on home economics problems, which  
were issued during the past year. The number of publications included  
in the list is the same as for the previous year and the distribution of  
the subject matter is almost the same. There are 16 food and nutrition  
studies, 8 publications bearing on family economics, 5 on household  
planning and equipment, and 2 each on family relations and textiles and  
clothing.

General                      THE INDOOR GARDENER. Daisy T. Abbott. (The Univer-  
sity of Minnesota Press, Minneapolis, Minn., 1939,  
pp. vi 117.) Tells how to raise and care for  
house plants in the house, what plants to buy, and why.

General                      INTERESTING HOUSEHOLD PEST CONTROL PROBLEMS. P. N.  
Annand. (Pests. Vol. 7, No. 12, December 1939, pp.  
6-7.) A discussion of the research activities of  
the Bureau of Entomology in relation to the control of household pests.  
It says a recent book speaks of 202 common household pests.

General                      GOVERNMENT OF THE UNITED STATES. J. H. Courtney.  
(Industrial Standardization and Commercial Standards  
Monthly. Vol. 10, No. 11, November 1939, pp. 280-  
281.) On these two pages is a diagram showing the organization of the  
Government of the United States, including the various departments and  
their divisions or offices.



The Child

PREVENTING DIAPER RASH. Directions for keeping a baby clean and comfortable, with important information concerning the causes of diaper rash. Evelyn Emig Mellon. (Parents' Magazine. Vol. 14, No. 12, December 1939, pp. 25, 71-73.) Directions for caring for the baby's clothing and for keeping him clean and comfortable are given; also, information on the causes of diaper rash.

The Child

DRY SKIM MILK IN LOW-COST DIETS. Eleanor P. Hunt. (Child Development. Vol. 10, No. 4, December 1939, pp. 241-268.) This article tells how dry skim milk is being used in low-cost diets and reports a study made to show the value of such milk. It tells how the milk is delivered and used, the dietary effects of dry skim milk supplements, nutritive value of the diets of the demonstration and control groups, the physical findings, and the summary. It says when the dry skim milk supplements were sufficient to increase the milk supply of the demonstration cases to the equivalent of 120 grams or more of fluid skim milk, the demonstration cases did not exhibit the inadequacy typical of the control cases with respect to good nutrition, protein, energy value, vitamin B, riboflavin, calcium, and phosphorus.

The Child

SOME FAMILY LIFE PATTERNS AND THEIR RELATION TO PERSONALITY DEVELOPMENT IN CHILDREN. Leland H. Stott. (Journal of Experimental Education. Vol. 8, No. 2, December 1939, pp. 148-160.) A report of a study of family life and home environment in relation to the personality adjustments of children. An analysis of the comparison is first discussed. The relationship of family behavior pattern to the adjustment of children as it affects confidence, affection, and companionability is taken up. It says that the variable most closely associated with the character of the home environment was the child's attitude toward his home life. The variable associated to the smallest extent with the character of the home environment was independence in meeting personal problems.

The Child

HELPING A CHILD TO HELP HIMSELF. Knowing how children develop aids in guiding their efforts toward self-help. Ruth Harrison Swan. (Parents' Magazine, Vol. 15, No. 1, January 1940, pp. 18-19, and 65.) This article tells how to carry a child through his trial and error period of learning to help himself. It says that knowing how children develop aids in guiding them toward self-help.





Food and  
Nutrition

THE BANANA AS A FOOD FOR THE AGED. Mary S. Rose and Emma W. Gardner. (Journal of the American Dietetic Association. Vol. 16, No. 3, March 1940, pp. 208-214.)

This article says that in 1900 there were only 13 persons over 60 years of age per 100 persons; in 1935 the ratio became 17 to 100, and indications are that it will be 34 to 100 by 1975.

Experimental work, including that of Sherman, has shown that a diet considered adequate in the sense that it would induce good growth and maintain the adult through a reasonably long life could be improved by enrichment in certain vitamins and minerals. When protective foods are given an important place in the diet, the incidence of degenerative diseases is decreased along with the postponement of the signs of actual senility.

Diets for the old should be more like those for the young in the content of protective foods than has formerly been thought necessary. A diet richer in vitamins and minerals makes it possible to eat with comfort and profit a wider range of foods. Many milder digestive disorders are eliminated by a liberal intake of vitamin B<sub>1</sub>. The characteristics of youth are better retained with plentiful supplies of vitamins A, G, and C.

Food and  
Nutrition

FACTORS IN BUYING BEEF, George L. Wenzel and Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 2, February 1940, pp. 33-37, and 85-86, illus.)

An article that presents the restaurant buyer's point of view regarding the selection and purchase of cuts of beef. Illustrated with diagrams, it tells how to judge a carcass of beef, the relation between live and dressed beef, the percentage of high-class meat to total carcass, how grades are determined, and how to make specifications for restaurant needs. Many factors discussed are applicable to the household as well as to the restaurant.

Food and  
Nutrition

SALAD DRESSING, MAYONNAISE, AND RELATED PRODUCTS INDUSTRY. W. C. Truppner. (Bureau of Foreign and Domestic Commerce, U. S. Department of Commerce, Washington, D. C., 1938, pp. III + 11, processed.)

This booklet contains a report presenting results of a survey of the salad dressing, mayonnaise, and related products industry, conducted by the Bureau of Foreign and Domestic Commerce. Significant facts found in this survey show that salad dressing has to the present time continued to be the most popular. There has also been an increase in the popularity of French dressing. Sandwich spreads have failed to keep pace with the total industrial growth. Consumers expressed a preference for the half-pint container; 40 percent of the total number used in 1937 were of this size.



Clothing and  
Textiles

THE BUREAU OF HOME ECONOMICS MEASURES THE CHILDREN.  
Ruth O'Brien. (National Magazine of Home Economics  
Student Clubs. Vol. 4, No. 1, September 1939, pp.  
12-13.) This article with illustrations tells what  
has been done in measuring children in order to aid in getting clothing  
marked with sizes that can be depended upon by the purchaser.

Clothing and  
Textiles

THE SPORT SHOE WITH A FLEXIBLE, RESILIENT SOLE. A  
physiological shoe. D. D. Ashley. (Medical Record.  
Vol. 151, No. 5, March 6, 1940, pp. 177-178.) This  
article, which deals with the hygiene of shoes and  
their fit, recommends wearing part of the time a sport shoe with a crepe  
sole that has no marked heel. It says that this shoe, which is manufac-  
tured by a number of different firms, should afford unimpeded activity and  
natural contact. It should afford protection from the elements, from in-  
fection, injuries of loose surfaces, and give natural support as rendered  
by healthy exercise during the development of the foot of man. Wearing  
such a shoe should aid in the proper exercise of the foot and leg muscles.  
However, the author says that if a person has been wearing a high-heeled  
shoe until he has become muscle-bound, a change from a high heel to a low  
heel without some intermediate stop might cause definite injury. But if a  
person can walk barefoot without any special discomfort, such a shoe is  
valuable if worn part of the day in giving the needed exercise.

Clothing and  
Textiles

PERFORMANCE TESTING--The key to fabric control. Alexis  
Sommaripa. (Forecast for Home Economists. Vol. 56,  
No. 3, March 1930, pp. 128-129, 162-164, illus.) This  
article reports some tests made on different types of  
rayon slips to determine the wearing qualities of these materials. Partic-  
ular attention was given to the effect of mechanical strength and the like,  
exerted on seams in these garments as distinct from holes made by burns,  
or due to weakened yarns. The tests were mostly made by the tests known  
as consumers' wear tests. One of the conclusions reached is that there  
has been a great improvement in synthetic fabrics, but that there are many  
improvements yet to be made.

Clothing and  
Textiles

THE PRESENT STATUS OF CASEIN FIBER. E. O. Whittier  
and S. P. Gould. (American Dyestuff Reporter. Vol. 28,  
No. 22, October 30, 1939, pp. P641-P642.) This article  
describes the development of the manufacture and use of  
casein fiber in Europe. It tells how the fiber affects the quality of cloth  
when combined with wool and when combined with other fibers. It says that  
casein fiber can be made so soft that it will not irritate the most delicate  
skin.





C. N. Baker

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 414

APR 30 1940  
April 17, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Health                      AROUND THE YEAR WITH SAFETY. Jimmie Wilson, Mary M. Risinger, and Gertrude O. Johns. (Banks Upshaw & Co., Dallas, 1939, pp. 231.) An elementary book. The parts are: Stories about walking places, Stories about safety in the home, Stories about safety at school, Stories of fire prevention, Stories about vacation safety.

Health                      FLYING AND THE HUMAN BODY. Condensed from a section of Principles and Practice of Aviation Medicine. Harry G. Armstrong. (Science Digest. Vol. 7, No. 3, March 1940, pp. 28-34.) This article, which points out many physiological reactions on account of aviation, says regarding noise, that 60 decibels or above inhibits the normal peristaltic activity of the stomach. A noise amounting to 80 to 90 decibels decreases by 37 percent the number of gastric contractions per minute; 60 decibels or more reduces the flow of saliva by 44 percent, and reduces the flow of gastric juice. Noise may be considered one of the factors in the gastric disturbances suffered by aviators.

Health                      IF YOU'RE NO SMARTER THAN YOUR NEIGHBOR. Hugh Curtis. (Successful Farming. Vol. 38, No. 3, March 1940, pp. 11, 50-51, 56, illus.) Points out various fire hazards in houses, barns, and outbuildings, and tells how a check-up might be made on a farm in 10 minutes, to include the chimney, roof, heating system, and wiring.



Food and  
Nutrition

THE A, B, C'S OF VITAMINS. Jean Robinson. (The Southern Planter, Vol. 101, No. 2, February 1940, pp. 33.) Discusses each of the vitamins A, B, C, D, and G, gives brief opinions as to their uses, and mentions their sources.

Food and  
Nutrition

VITAMINS IN THE HUMAN DIET. George A. Garnatz. (The Northwestern Miller and American Baker, Vol. 17, No. 3, March 6, 1930, pp. 26, 27, 31.) A discussion of vitamins in the diet in general and in flour in particular. It says that education can contribute toward improving the dietary by emphasizing the importance of vitamins as supplementary foods as well as the desirability of variety in the diet, by classifying common foods according to their value as sources of vitamins, and stressing the need for proper methods of food preparation in the home to conserve the vitamins, particularly in connection with water-soluble vitamins. Probably the easiest way to solve the whole problem, the author says, would be to supply a mineralized and vitaminized protective food capsule, and dismiss the subject by saying, "Take this, and then eat what you will." Other methods of overcoming vitamin deficiencies are described such as processing of foods to retain the natural vitamins.

Food and  
Nutrition

THE FANCIFUL AND FACTUAL IN FOOD. Editorial. Margery Vaughn, New York State Department of Health, presented at the Nutrition Conference, New York State College of Home Economics, Ithaca, July 17-22, 1939. (Abstracted in the Journal of the American Dietetic Association. Vol. 16, No. 3, March 1940, pp. 236-239.) Discusses food facts and common fallacies. One of the most important fallacies concerns "eat more" slogans, "which attempt to persuade the public that the special food advocated has some specific attribute which makes it indispensable and justifies crowding other foods out of the diet." The vitamin fad is mentioned among others. A few people will consent to a diet provided it has the distinction of being sufficiently peculiar, like the potato, or the pineapple and lamb-chop diet. "But such one-sided diets are to be distinctly discouraged, since they do not meet dietary adequacy. The ideal diet for man is not yet known. No one food is a perfect food, but wise eating consists of selecting foods from as wide a variety as possible and not eating too much."





Equipment WE USED TO CALL IT THE "FRONT ROOM." But, planned for every-day family use, it quickly loses this label of another generation and becomes an honest-to-goodness "living" room. Louise Price Bell. (Successful Farming. Vol. 38, No. 3, March 1940, pp. 69.) Discusses arrangement of living rooms that they may be made comfortable and homelike for the family.

Equipment DEVELOPMENTS IN DOMESTIC HEATING. (Mechanical Engineering. Vol. 52, No. 3, March 1940, pp. 203-214.) A part of a symposium on phases of the domestic heating problem, presented at the annual meeting of the American Society of Mechanical Engineers, December 1939. Part I treats of domestic heating boilers for automatic firing, and classifies them: Boilers for hand firing, boilers for oil firing, boilers for gas firing, boilers for anthracite and bituminous-stoker firing, also universal all-purpose boilers designed especially for application of more than one type of fuel. Materials from which the boilers are made, such as steel and cast-iron, are discussed. Diagrams, on page 204, show construction of six types of furnace. Part II discusses domestic oil burners, part III, anthracite as a fuel for domestic heating, part IV, domestic heating with coke, and part V, gas heating.

Equipment THE PROBLEM OF WALLPAPER STAINING BY INSECTICIDES AND INSECTICIDE BASES. Werner R. Husen. (Pests. Vol. 8, No. 1, January 1940, pp. 14-16.) Discusses the problem of staining of wallpaper by insecticides and insecticide bases, as well as types of paper and their susceptibility to stains. The conclusions are that the moisture content of the papers is important, for the more moist the paper, the more pronounced the stain. Stain intensity also seems to be highest with the starch type of paper, then follow the protein type, and, finally, the rotogravure type.

Equipment CLUB WOMEN DESIGN AND MAKE FEATHER COMFORTS. Mary Louise Ramsey. (Agricultural Leaders' Digest. Vol. 21, No. 3, March 1940, pp. 31-32.) This short item tells how to make feather comforts like the comforts being made in a home demonstration club in Texas. Cloth is made into pockets, filled with feathers, and stitched to form a quilted comfort.



Housing                   HOUSING—OUR NEXT BIG TASK. Coleman Woodbury. (National Parent-Teacher. Vol. 34, No. 7, March 1940, pp. 25.) The author considers housing to be one of the big jobs and a subject for study in American schools by the coming generation. Children should know much about enforcing housing codes and ordinances for building safe dwellings as well as other facts pertaining to housing.

Housing                   IN SEARCH OF A LIVING ARCHITECTURE. Albert Frey. (Architectural Book Publishing Co., Inc., New York City, 1939, pp. 95, illus.) This book deals with the evolution of architectural form, shape, space, composition, form in nature, value of traditional architecture, modern techniques and shaping houses for human needs. The latter part of the book shows circular and odd-shaped buildings, some of which are intended to rotate to keep in line with the sun.

Housing                   FOUR DECADES OF HOUSING WITH A LIMITED DIVIDEND CORPORATION. U. S. Federal Housing Administration, Division of Economics and Statistics. (Superintendent of Documents, Government Printing Office, Washington, D. C., 1939, pp. VI 108. 15¢) This booklet discusses types of limited dividend groups for the building of houses, such as groups of tenement houses, suburban, and garden types. It takes up the problems of maintenance and repair, comparison of operating experiences, and it gives the history of four decades of limited dividend housing experiments.

Housing                   BETTER HOUSING. A Discussion Program. Foreign Policy Association. (Department of Popular Education, Foreign Policy Association, Inc., New York, 1939. A folder.) This folder contains material for use in the discussion of better housing programs, including programs of the United States Housing Authority and the Farm Security Administration. An outline for programs to be followed, also reference folders are included. Most of the material relates to urban housing.

Housing                   FARMHOUSE PLANNING. J. D. Long. (Pacific Rural Press. Vol. 139, No. 4, February 24, 1940, pp. 131.) A short item on farmhouse plans lists common troubles in farmhouse planning, as follows: Doors not convenient to the farm drive; kitchens where men and children cannot help getting in the way of the mother as she does her work; lack of storage space for supplies and clothing; poor location of equipment; dark halls and stairways; bedrooms that serve as hallways to other rooms; and rooms, especially kitchens and bedrooms, without cross ventilation.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 415

April 24, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Clothing and  
Textiles

WOMEN'S SLIPS. Reprinted by special permission from a Consumers' Research Bulletin. (Consumers' Digest. Vol. 7, No. 2, February 1940, pp. 22-24.) This brief article discusses the qualifications for different brands of women's slips. The points to be emphasized in selection are given as good appearance, launderability, and durability. It says, however, that most slips are attractive in appearance, and that more thought should be given to the other two factors.

Clothing and  
Textiles

TAKE IT FROM ME ANY WOMAN CAN SEW. Rajeane Reynolds Olmstead. (The Woman's Home Companion. Vol. 67, No. 2, February 1940, pp. 61.) This article tells, step by step, what should be done in selecting material, purchasing a pattern, and cutting out and fitting a dress.

Clothing and  
Textiles

HOW TO SEW ZIPPERS FOR SMART PLACKETS AND CLOSURES. (Educational Bureau of the Spool Cotton Co., New York, N. Y.) A wall chart made in two sizes - one about 9 by 12 and the other about 18 by 24. The charts, with explanatory captions, illustrate steps in inserting zippers in different types of plackets. The small chart is intended to be inserted in a notebook.

Clothing and  
Textiles

YOU'LL WANT TO WASH WHEN YOU KNOW HOW TO DO IT. Helen Kendall. (Good Housekeeping. Vol. 110, No. 2, February 1940, pp. 110-112.) A discussion of washing, giving instructions for sorting; drying, outdoors and indoors; overcoming problems relating to color fastness; making the towels soft and fluffy; and keeping lingerie in good condition. The location of the laundry and its equipment are discussed.



Food and Nutrition  
PERFORMANCE DATA DETERMINED FOR NEW FOOD FREEZING PLANT. William J. Finnegan. (Food Industries. Vol. 12, No. 3, March 1940, pp. 48-49.) Part 2 of a series of articles on quick freezing which is part of a series on processing of fruits, vegetables, meat, fish, and poultry.

Food and Nutrition  
HOW ONE SUGAR COMPARES WITH ANOTHER. A study of the relative values of the different commercial carbohydrates. Stroud Jordan. (Food Industries. Vol. 12, No. 3, March 1940, pp. 45-47.) This article compares properties of types of sugar used as ingredients in processed foods, discusses edible dextrines, dextrose, maltose, sucrose, and corn syrup, and shows comparative weights and caloric equivalents and other characteristics.

Food and Nutrition  
MINERALS IN THE BODY. Condensed from a section of Food and Life. Henry C. Sherman, Mabel A. Dickson, Margaret Cammack Smith, and Esther P. Daniel. (Science Digest. Vol. 7, No. 3, March 1940, pp. 43-48.) This article deals only with reports about minerals as affecting the human body. It is condensed from the Yearbook of the United States Department of Agriculture for 1939, sold by the Superintendent of Documents, Washington, D. C., for \$1.50.

Food and Nutrition  
OUR CHANGING FOOD HABITS. (Science Digest. Vol. 7, No. 3, March 1940, pp. 14.) A brief item mentions the fact that 50 years ago 3 pounds of buckwheat per capita were used in pancakes; now only 1/3 of a pound is used. Forty years ago 31,000 boxes of grapefruit were packed; 4 years ago 20,000,000 boxes were packed. Two years ago the country spent more than \$100,000,000 for packaged breakfast cereals. These cereals, no doubt, replaced the earlier flapjack and hominy. Since 1931 the production of processed pork has decreased 200,000,000 pounds and production of sausage meat has increased 400,000,000 pounds. The production of eggs has declined nearly 20 percent.

Food and Nutrition  
MEAT HYGIENE. A textbook. Richard Edelman. Seventh rev. ed. by John R. Mohler and Adolph Eichhorn. (Lea & Febiger, Philadelphia, 1939, pp. 463, illus.) Designed as a handbook or text on meat inspection. Some of the chapters are: Origin and source of meat food; Morphology and chemistry of the principal tissues and organs of food animals; The production, preparation, and conservation of meat; Regulations governing the meat inspection of the United States Department of Agriculture; Food poisoning; Preparation and control of meat-food products; Chemical analysis of meat-food products.





Social                    THE STRUCTURE AND GROWTH OF RESIDENTIAL NEIGHBORHOODS  
                             IN AMERICAN CITIES. Federal Housing Administration.  
                             (The U. S. Federal Housing Administration, Washington,  
D. C. or United States Government Printing Office, Washington, D. C., 1939,  
pp. VI 178.) Discusses the structure of residential neighborhoods in  
American cities and their growth.

Social                    AFTER FREEDOM. A Cultural Study in the Deep South.  
                             Hortense Powdermaker. (The Viking Press, New York,  
1939, pp. xvii 408.) I. The Social Scene. II.  
Economic Considerations. III. Cohesion and Conflicts in the Negro family.  
IV. Religion and Superstition. V. Education. VI. The Negro's Response  
to the Situation. In the last chapter attention is given to the attitudes  
of negroes toward white people both past and present, also to a group in  
the process of acculturation.

Social                    DECISIONS AND ATTITUDES AS OUTCOMES OF THE DISCUSSION  
                             OF A SOCIAL PROBLEM. W. M. Timmons. (Teachers College  
Contr. Educ., 1939, No. 777, p. 106. Abstracted by J.  
M. Stalnaker, Princeton, in Psychological Abstracts. Vol. 14, No. 1,  
January 1940, pp. 44.) A report of an attempt to determine experimentally  
whether information on and discussion of a social problem cumulatively con-  
tribute to appropriate attitudes and appropriate solutions. It was found  
that students who read and discussed were better able to arrive at good  
solutions than those who read and restudied, but no differences were found  
with respect to their attitudes.

Social                    INTRODUCTORY SOCIOLOGY. A study of American society.  
                             Edward W. Gregory and Lee Bidgood. (Prentice-Hall,  
Inc., New York, 1939, pp. xxvii 653.) A textbook in-  
tended to present an integrated treatment of the fundamental principles of  
sociology and the most significant sociological aspects of American society.  
It is in seven major parts. Some chapter headings: Society and the group,  
Contact and interaction, The social forces, Customs and social institutions,  
Culture, Personality, The distribution of population, Competition for space,  
The rural community, The development of the family, The family as a social  
institution, Social changes and family maladjustments, Race and cultural  
contacts, The study of social problems, Poverty and dependency, Physical  
and mental defectiveness, The social programs, Social change, and the Devel-  
opment of sociology.



The Child.

DOMINATION AND SOCIAL INTEGRATION IN THE BEHAVIOR OF KINDERGARTEN CHILDREN IN AN EXPERIMENTAL PLAY SITUATION. Harold H. Anderson. (Journal of Experimental Education. Vol. 8, No. 2, December 1939, pp. 133-131.) A report of a study made of domination and of social integrating behavior of kindergarten children in an experimental play situation. Conclusions reached are that Dominance in one child incites dominating techniques in the companion, and that integrative behavior induces cooperative integrative behavior in the companion. Domination and integration in the behavior of kindergarten children was unrelated to the chronological and mental age of the child. There were no sex differences in the integration scores.

The Child

ELEMENTS IN SCIENCE BOOKS THAT APPEAL TO CHILDREN.

Alice M. Williams. (Journal of Experimental Education. Vol. 8, No. 2, December 1939, pp. 132-142.)

Describes the procedure of making the study of elements in science books that appeal to children, which included an examination of the circulation of science books, the observations of children's responses to various science books, and interviews with children. Some of these interviews are reported. A comparison was also made with published book reviews and the children's responses. The results of the study indicate that in the field of science literature, children like books that are rich in factual content, that present material new to the readers and that tell of the habits, adaptations, and peculiarities of animals, how machines are made and work, and how to make and do things. Children also like stories that are strong and vigorous, in which characters have convincing personalities. On the whole, when adults judge a book intended for children they seem to be affected by the formation of the book and by the devices intended to make the content attractive rather than by the content itself. Children are more affected by the actual content.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 416

May 1, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

TEACHING ADULTS BY DISCUSSION. Thomas Fansler.  
Education (Service Bureau of Adult Education, Division of General Education, New York University, New York City, 1938, pp. 39.) Chapter headings: The purpose of discussion, What can profitably be discussed? General methods of discussion, How to get discussion started, Rules for meaningful discussion, Some "difficult persons," Discussion that "gets somewhere." This pamphlet is an analysis of methods of handling adult education problems particularly by means of discussion.

SCIENCE AND SOCIETY. L. H. Lanier. (5th. rev. 1939, 5, 105-120. Abstracted in Psychological Abstracts. Vol. 14, No. 1, January 1940, pp. 40.) This abstract quotes the author as saying that intelligent action is not necessarily scientific action and evaluative judgment constitutes perhaps the fundamental operation in social inquiry. The validity of social inquiry may be found to best advantage in the democratic framework.

HOW CAN WE BE TAUGHT TO THINK? Scott Buchanan.  
Education (Survey Graphic. Vol. 28, No. 10, October 1939, pp. 598-600.) The author says that manual skills supply patterns for the imagination and imitate the intellect; they should therefore be cultivated with the linguistic and mathematical skills.

EDUCATIONAL FILM CATALOG. A selected, classified list of 2,370 nontheatrical films with a separate title and subject index. Compiled by Dorothy E. Cook and Eva Rahbek-Smith. (The H. W. Wilson Co., New York, 1939, pp. ix 332.) Contains 2,987 titles of films and tells the width of the film, whether sound or silent, its length, in some instances the date when produced, by whom produced, and by whom distributed.



Management THE CUSTOMER'S PLATFORM. Helen Judy Bond. (Forecast for Home Economists. Vol. 56, No. 2, February 1940, pp. 85, 112.) The author attempts to answer four questions: What caused the rapid growth of interest in the consumer? What is the consumer movement or the consumer education movement? How important is this movement? What can be done about it? What the American Home Economics Association has been doing to answer these questions is discussed.

Management WHAT LABELS HELP THE CONSUMER. H. W. Brightman. (Forecast for Home Economists. Vol. 56, No. 2, February 1940, pp. 65, 66, 96, and 110.) A discussion on the subject of labeling by a member of the trade. He believes that adequate informative labels which use simple, technical facts as the basis for their statements, will help the consumer to select merchandise fitted to individual needs and requirements. He mentions some facts that should be put on labels.

Management CONSUMER STANDARDS ON THE WAY. P. G. Agnew. (Industrial Standardization. Vol. 11, No. 2, February 1940, pp. 43-46.) A progress report of standardization of consumer goods and outline of the American Standards Association program in this field. Standards have been set and are presented in the following books: Methods for Testing Domestic Refrigerators Using Ice (B38cl-1931), Standards for Domestic Gas Ranges (Zel.1-1937), Standards for Hot Plates and Laundry Stoves (Z21.9-1933), Standards for Gas Water Heaters (Z21.10-1938), Standards for Gas Refrigerators (Z21.19-1936) and 22 other American Standards for gas-burning appliances, Safety Code for Mechanical Refrigeration (B9-1939), Specifications for Dry Cells and Batteries (G18-1937), Standards for Inspection of Motor Vehicles (D7-1939), Safety Glass for Motor Vehicles (Z26.1-1938), Methods of Testing Woven Textile Fabrics (L5-1939) (Through ASTM), Methods of Test for Shrinkage in Laundering Cotton Cloth (L10.1936) (Through ASTM), Radio Receiving Sets (C65-1938) (Through Und. Labs.), Marketing Gold-filled and Rolled Gold Plate Articles Other than Watchcases (CS46-34) (Through Nat. Bur. of Stds.), Marking Articles Made of Silver in Combination with Gold (CS51-35) (Through Nat. Bur. of Stds.), Marking Articles Made of Karat Gold (CS67-38) (Through Nat. Bur. of Stds.), Standard for Mattresses for Hospitals (CS51-35) (Through Nat. Bur. of Stds.), Standard for Mattresses for Institutions (CS55-35) (Through Nat. Bur. of Stds.). The report tells of a number of attempts to formulate standards for American goods and explains how failure in these attempts came about.





Food and  
Nutrition      HAM LIKE MOTHER CURED. W. L. Nelson. (Country Gentleman. Vol. 110, No. 2, February 1940, pp. 61.) This article tells how to cure ham and shoulders and smoke them. It also tells how to make gelatine from pigs' feet.

Food and  
Nutrition      HOME BUTCHERING AND MEAT CURING. Patty Shannon. (Kentucky Farmer's Home Journal. Vol. 76, No. 2, February 1940, pp. 6, 27 and 31.) The author discusses the kind of hogs to kill, preparations to make before butchering day, the killing of the hogs, scalding and scraping, prompt chilling, ingredients used in curing, and curing methods. Some recipes are included.

Food and  
Nutrition      THE CARE AND HANDLING OF MILK. Harold E. Ross. (Orange Judd Publishing Co., Inc., New York City, 1939, pp. xv 417.) This book covers such subjects as size and importance of the dairy industry, the chemical and physical properties of milk, chemical and bacteriological examination of market milk, the food value of milk and its use as food, grades of milk, production of clean milk and methods of caring for the milk, the dairy building, and other features of milk production.

Food and  
Nutrition      HOW TO MAKE DILL PICKLES. Practices based on a lifetime of experience in the business of making pickles. W. G. Wormley. (Food Industries. Vol. 12, No. 3, March 1940, pp. 50-52.) This article tells how dill pickles are made on a commercial scale. Two formulas are given. One of the things it says is that sterile spices add to the prevention of decay. The author also urges that cold storage be used for keeping dill pickles and that this storage begin immediately after the curing period, that is, as soon as the fermentation dies down.

Food and  
Nutrition      ACCEPTED FOODS AND THEIR NUTRITIONAL SIGNIFICANCE. Council on Foods of the American Medical Association, Chicago, 1939, pp. xx 492.) This book describes products which have been accepted by the Council on Foods of the American Medical Association up to September 1, 1939; the purpose of this work of approving food; certain policies of the Council regarding fabricated foods. It discusses vitamins and vitamin units, and general problems relating to food advertisement. Includes sections on canned and dried fruits and fruit products; grain products; preparations used in the feeding of infants; meat, fish and sea foods; milk and milk products; and unclassified and miscellaneous foods.



Equipment                    CURTAINING PROBLEM WINDOWS. Anne Biebricher. (Capper's Farmer. Vol. 50, No. 11, November 1939, pp. 37.) This article tells how to plan curtains for the very wide, low window and the very narrow tall one. It also discusses materials for use in window curtaining.

Equipment                    BE WATER-WISE. Learn how to reform a vagrant. Like air, water requires conditioning to serve household needs better. . .softening, filtering, neutralizing, heating. Louise M. Comstock. (Better Homes & Gardens. Vol. 18, No. 3, November 1939, pp. 24-25, 58-59, illus.) This article discusses the effect of hard water on the tenderness of foods, what causes "bathtub ring," turbidity, bad taste, acid water, iron in water, water softeners, and the like.

Equipment                    SO CLEAN YOUR HOUSE. (House Beautiful. Vol. 82, No. 3, March 1940, pp. 56 and 75.) This article in outlining a schedule for keeping the house clean tells how to care for materials such as linoleum, glass, procelain, monel metal, tiling, wall-paper, woodwork, furniture wood, and furniture upholstery in the home. It also tells how to care for venetian blinds and small rugs.

Equipment                    KITCHENS. Standard equipment, adapted to large and small plans. Modern service units step up efficiency. Electric sinks wash your dishes. (House & Garden, Section II, Spring Housebuilders' Guide. Vol. 77, No. 3, March 1940, pp. 32-33.) With diagrams and floor plans this article describes some standard equipment used in the kitchen and various arrangements to which it is adapted.

Equipment                    TEMPERATURE CONTROL. Compact and complete air conditioning units. Attic fans as an aid to summer comfort. Automatic coal stokers. (House & Garden, Section II, Spring Housebuilders' Guide, Vol. 77, No. 3, March 1940, pp. 28-29.) This article, which, through illustrations and their captions, points out various methods of heating and ventilating and air conditioning houses, says that even the most modestly planned house today should be fitted with some form of air conditioning.

Equipment                    LIGHT CONTROL. The right sort of daylight just where you want it. Making artificial light perform new tricks. (House & Garden, Sec. II, Spring Housebuilders' Guide. Vol. 77, No. 3, March 1940, pp. 26-27.) This article explains how light may be controlled most effectively by the shape of lenses and reflectors and how this knowledge may be utilized in lighting houses. It is fully illustrated.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

MAY 17 1940

No. 417

May 8, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Health      GREYING OF FUR AND OTHER DISTURBANCES IN SEVERAL SPECIES DUE TO A VITAMIN DEFICIENCY. Agnes F. Morgan and Helen D. Simms. (The Journal of Nutrition. Vol. 19, No. 3, March 11, 1940, pp. 233-250.) A study concerning the loss of pigmentation of the fur of rats fed on a diet deficient in one or more of the B vitamins. This loss has been observed by various investigators, and in addition to the graying, a dermatitis was noticed which is unlike that due to specific vitamin B<sub>6</sub> deficiency. Results showed that nicotinic acid or amide does not cure or prevent grayness, and when in excess apparently exaggerates the dermatitis that accompanies it. Vitamin B<sub>1</sub> or riboflavin in doses of 200 to 250 micrograms daily, vitamin B<sub>6</sub>, and the combination of the two when used in excess - wheat germ, wheat-germ oil, and copper - have all been found to be ineffective in curing or preventing grayness and the dermatitis. Extracts such as yeast, yeast filtrate, liver meal, liver paste, liver filtrate, crude cane molasses, and alfalfa extract improved the condition at various rates of speed, as noted by researchers. These experiments were tried on animals, not on human beings.

Health      REFRACTORY RICKETS. Harry Bakwin, Oscar Bodansky, and Richard Schorr. (American Journal of Diseases of Children. Vol. 59, No. 3, March 1940, pp. 560-570.) A discussion of the curative effect of vitamin D or ultraviolet irradiation on rickets. Comments made on the study include: Under ordinary circumstances a regular diet and exposure to sunlight are sufficient to prevent rickets in a child of 8 years; however, in some instances drinking a quart of milk a day, and exposure to sunlight did not prevent development of severe rickets. This disease was cured only when especially large amounts of vitamin D were given. Therefore, our concept of vitamin D deficiency must be broadened to include the factor of dosage. What may be adequate for one child may be without effect for another. It is possible that this vitamin must be converted in the body before it becomes biologically active or that some other mechanism in the body may be deficient.



Food and  
Nutrition

THE POSSIBLE IDENTITY OF VITAMIN H WITH BIOTIN AND COENZYME R. Paul Gyorgy. (Science. Vol. 91, No. 2358, March 8, 1940, pp. 243-245.) A discussion of the curative factor for egg-white injury, known as vitamin H. This article points out the similarity to biotin, a yeast-growth factor, and for coenzyme R, a growth and respiration factor for many strains of the legume nodule organism Rhizobium. Near its close the article says that if it be substantiated that vitamin H is identical with biotin and coenzyme R, it will show that the two latter substances are significant in the vital economy of the mammal. It is likely that vitamin H acts in other ways than simply to protect from egg-white injury. It seems to function in intermediate carbohydrate metabolism as do various members of the so-called vitamin B complex to which these three factors belong. There is a possible relationship to it of the gray-hair factor or other unisolated factors.

Food and  
Nutrition

THE RELATION OF HUMAN NUTRITION TO THE SOCIAL AND ECONOMIC CONDITION OF THE SOUTH. Jet C. Winters. (Journal of the American Dietetic Association, Vol. 16, No. 3, March 1940, pp. 215-221.) This article, in discussing nutritional needs in the South and the effect of social and economic conditions, says, "Since the protective foods are necessary for the production of these, it would seem that an increase rather than a decrease in the amount of cereal produced would be involved." It points out other ways of improving the variety and quality of foods in the diet of the inhabitants of the South, particularly, in the areas where pellegra is common, also among Mexican families on the Texas border where there is great deficiency in the diet.

Food and  
Nutrition

INVESTIGATION OF THE VITAMIN C CONTENT OF FLORIDA FRUITS AND VEGETABLES. R. B. French and O. D. Abbot. (The Journal of Nutrition. Vol. 19, No. 3, March 11, 1940, pp. 223-232.) A study of a variation of vitamin C content in citrus and other Florida fruits and vegetables. Citrus trees tend to produce fruit in which the vitamin C content varies only within narrow limits. Slight changes also occur during maturation of the fruit. There is greater variation among samples from different trees. The vitamin C concentration of oranges and grapefruit may increase during the first few weeks of cold storage, but after that the concentration of vitamin C decreases slowly.





HOBBIES FOR HEALTH AND PROFIT. Katherine Ringer.  
Social (The Rural New Yorker. Vol. 98, No. 5466, December  
16, 1939, pp. 636.) This article points out the  
fact that most hobbies recommended for farm women take both time and  
money; however, true it is that a farm woman needs a hobby. More than  
this, she needs a little money to spend extravagantly as she may choose  
without asking anyone for it. Knitting is often unsatisfactory because  
the cost of yarn and the time spent on the articles do not bring a  
satisfactory return unless one can sell articles such as baby booties,  
which always bring much more than they are worth. Making something  
out of nothing is a most satisfying hobby. Photography is one of the  
hobbies that cost money. Gardening as a hobby is recommended, and  
flower arrangement as a means of satisfying one's artistic urges.  
Another, is cooking with fancy groceries. One may carry on this hobby  
by going to a library and reading old cookbooks printed in days when  
practically all foodstuffs were prepared at home. In this way one can  
learn how to vary a monotonous diet although using staple supplies.

TRAINING FOR RURAL SOCIAL WORK. Hazel A. Hendricks.  
Social (Survey Midmonthly. Vol. 75, No. 11, November 1939,  
pp. 338-339.) Outlines needs of social workers in  
rural areas, particularly instruction as to how to apply their training  
to specific situations and to reduce their professional vocabulary to  
easily understood terms.

FUN AT HOME. It's a big part of the answer to  
Social almost any adolescent problem. Gladys Denny Schultz.  
(Better Homes & Gardens. Vol. 18, No. 4, December  
1939, pp. 46-47, 58-59.) Discusses the problem of keeping adolescent  
youths at home, and suggests ways and means for them to have fun at  
home so that it will not seem necessary to spend their evenings at  
night clubs and other places. A number of suggestions are given to  
the mother of the family as to how to make entertaining in their homes  
attractive and satisfying to adolescents.

SCIENTIFIC SOCIAL SURVEYS AND RESEARCH. Pauline V.  
Social Young and Calvin F. Schmid. (Prentice-Hall, Inc.,  
New York, 1939, pp. xxix 619.) Much of this book is  
given to methods of making surveys in the field of sociology. Chapters  
15 to 18, inclusive, discuss how to study a culture group, social  
institutions, and community life in rural areas in comparison with  
urban areas. Some suggestions contained may be helpful in studying  
groups in various countries.



ELECTED. . .TO REPRESENT 6 MILLION AMERICAN FAMILIES.  
The Child (Ladies' Home Journal. Vol. 57, No. 2, February 1940,  
pp. 48-53, illus.) The first of a series on how  
America lives. Describes the life of a family of moderate income in  
a midwestern town, how they live, as well as their relations with  
their fellow townsmen and with one another. It says that the reason  
this particular family was chosen as one of those to represent life  
in America is that its members have a capacity for living, and for  
meeting life's problems with intelligence, imagination, and gayety,  
in relation to the same question of making ends meet and bringing up a  
family which is faced by millions of other American families.

THE EDUCATION OF YOUR CHILD. John Louis Horn.  
The Child (Stanford University Press, Stanford University,  
California, 1939, pp. xvi 208.) Intended to  
explain to parents the curriculum and education methods used in  
schools which educators believe that parents should understand.  
Contains chapters on subjects such as: The first years of school,  
how children learn to read, what their achievements should be at the  
end of the first half year, then the end of the second half, etc.,  
how children are introduced to the speech arts, how they learn music  
and learn to draw, what they learn regarding health, and the like.  
Education is discussed, beginning with the most elementary grades  
and even taking up some problems relating to college. One chapter  
discusses, how children differ in intelligence, and bright and dull  
children and some aspects of their adjustment.

WHAT IT MEANS TO GROW UP. Ralph H. Ojemann.  
The Child (National Parent-Teacher. Vol. 34, No. 7, March  
1940, pp. 9-11.) This article, in discussing over-  
protecting our children, the continuous process of growth, responsi-  
bilities of growing up, and the like, says that growing up does not  
mean a sudden and automatic change. The child is not a "mama's or  
daddy's boy" one day and a man the next. It then points out how  
growing up means a gradual increase in responsibility, in gaining some  
idea about a vocation, how to handle money, buying clothes and  
school supplies, learning to choose boy and girl friends intelligently  
and about participation in the family council. The child should read  
and study the effects of war and peace on his father's work and on  
the work he plans to enter.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 418

May 15, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Handicraft      LINOLEUM STEPS OUT. Audrey Streeter. (Capper's Farmer. Vol. 50, No. 11, November 1939, pp. 40.) This article presents the many uses that can be made of linoleum - book covers, greeting cards, belts, hot pads, and table covers. Instructions for making book covers, belts, and block prints are given.

Handicraft      SCREEN PROCESS. Simplified for occasional users or beginners. Don Smith. (Signs of the Times. Vol. 94, No. 2, February 1940, pp. 56, 58-59.) This article presents another method of printing by means of screens, using a stencil made from a specially prepared film laminated to a sheet of translucent glassine paper carrier of the lacquer film.

Handicraft      HINTS FOR THE HOBBY CLUB. III. Bookbinding. Ella Fisk. (Forecast for Home Economists. Vol. 56, No. 3, March 1940, pp. 125, 154, and 156, illus.) The third article of a series that gives simple instructions for rebinding books. Begin bookbinding by saving pieces of cardboard, stout wrapping paper, and strong cloth such as chintz. The tools needed are a bone paper cutter or folder, fine sandpaper, muslin, waste paper, scissors, and two 10-cent paintbrushes. Much of this article is given over to the technique of making the test rather than to the results obtained.

Handicraft      LOW-COST CRAFTS FOR EVERYONE. H. Atwood Reynolds. (Greenberg, Publisher, New York, 1939, pp. xi. 322.) This book lists a large number of articles which might be made from nuts, shells, branches of wood, boards, pine cones, cloth, paper, leather, metal, rubber, oilcloth, and leatherette, and also takes up woodcrafts, the making of invitations, greeting cards, stationery, and party favors. Instructions are given for making a few of these.



- Housing                    HOUSING AND THE HOME. Hazel Shultz. (D. Appleton-Century Co., New York, 1939, pp. ix 420, illus.)  
A textbook of high-school grade. Discusses housing as well as housework, or housekeeping, selection of equipment and supplies for the home, general management of the home, its furnishings and social activities. Space is given to the cost of housing.
- Housing                    NEGRO HOUSING SURVEY OF CHARLESTON, KEYSTONE, KIMBALL, WHEELING, AND WILLIAMSON. Bureau of Negro Welfare and Statistics. (Bureau of Negro Welfare and Statistics of the State of West Virginia, Charleston, W. Va., 1938, pp. 35, illus.)  
A survey of conditions of living of the Negro population of certain towns in West Virginia. It tells the average number of persons in a family in the blighted sections and in the slum sections, the average number of rooms in a house, the percentage of homes without bath, toilet, lights, or water, and the average rent paid per month.
- Housing                    PLAN NOW FOR A PRETTIER YARD. Ferdie Deering. (The Farmer-Stockman. Vol. 53, No. 5, March 1, 1940, pp. 125, illus.) With 10 illustrations this article shows how improvement has been made in the grounds surrounding four different homes. Plans of the dooryards are shown for two others.
- Housing                    BUILDING MATERIALS AND STRUCTURES. Performance test of floor coverings for use in low-cost housing: Part 1. Percy A. Sigler and Elmer A. Koerner, Bureau of Standards, U. S. Department of Commerce. Report BMS34. (U. S. Government Printing Office, Washington, D. C., 1940, pp. 14, illus.)  
This report covers performance tests of floor coverings for use in low-cost housing. Methods of testing are described and results given. Some of the floors tested were strip white-oak on wood subfloor, strip yellow pine on wood subfloor, and maple on concrete subfloor, printed felt base on wood subfloor, inlaid felt base on wood subfloor, inlaid felt base on concrete floor, linoleum on wood subfloor, medium guage jaspe linoleum on concrete floor, inlaid linoleum on concrete subfloor and other materials. The tests represented very severe service to both the floor covering and the bonding agent in comparison to household wear and tear. In general, although the results indicate that battleship linoleum, inlaid linoleum, strip white oak and short strip maple are durable floor covering even under severe service, a better method of bonding short strip wood flooring to concrete subfloor is needed.





PARENTS IN PERPLEXITY. Jean Carter. (American Association for Adult Education, New York, 1938, pp. vii 143.) The table of contents contains: Acknowledgments, Nothing like it, Not a movement, Family participation, Professional assistance and prodding, and Transition.

CAN YOU SELL YOURSELF? Lenore Jones. (Forecast for Home Economists. Vol. 55, No. 10, December, 1939, pp. 492-493, 526-528, and 534.) A two-act play on the subject of good and poor etiquette which might be used at club gatherings.

I STARTED MY FAMILY AT FORTY. Anonymous. (McCall's. Vol. 67, No. 5, February 1940, pp. 25.) A statement by a woman who had looked forward to having children, but did not realize this desire until she had reached the age of 40. Her experiences with starting a family at this age are interesting in that she says that she will not need to worry, as so many middle-aged persons do, about having something to do, and will have the satisfaction of being genuinely needed for some time to come. She also gives some arguments on the side that belated parenthood is not disadvantageous to the child.

TOOLS OF THE PERSONNEL TRADE. Guy W. Wadsworth. (Mechanical Engineering. Vol. 62, No. 1, January 1940, pp. 13-17.) In this article the author discusses the specifications for a secretary, "reading" the candidate's character, the value of psychology tests, studying occupational intelligence levels, measuring personality, and improvement of selection methods. It says, in part, that actually the scientific study of human behavior has gone little beyond the painstaking identification of a few characteristics and efforts to describe their effect on our conduct. At its present state of development personality or temperamental measurement can determine the presence or absence of certain traits which operate in groups and which are important to job success, the traits associated with self-control, rational balance, durability of mind, and conservatism enabling us to maintain our impulses and reactions within normal limits. In a similar way it describes a number of other groups of traits.

LIVING WITH OTHERS. J. Irving E. Scott. (Meador Publishing Co., Boston, 1939, pp. 110.) An outline designed for the use of schools in studying a student's environment and relations to society in general. Some topics treated: The aim of education, the opportunities to use training, types of education, and some recent theories regarding education to prepare for live.



FURNISHING WITH ANTIQUES. Edited by Robert Medill  
Equipment McBride. (Robert M. McBride & Co., New York, 1939,  
pp. 112, illus.) A compilation of articles made up  
into a deluxe type of book, with very fine illustrations. On page  
54, "Antiques Made to Order," by R. W. Symonds, tells how to recog-  
nize furniture that is an imitation or fake of an antique. It divides  
forgeries in furniture into several categories: Pieces of entirely  
new construction, genuine pieces which have been converted into more  
elaborate and valuable examples by the addition of carved ornaments;  
lacquering or painting; and forgeries made up partly of genuine old  
pieces, with additions or restorations carried out in either old or  
new materials. On page 74, "Identifying Early American Spoons," by  
Arthur H. Torrey, with seven illustrations shows teaspoons of each  
10- to 25-year period beginning in 1700 and ending 1820. It says,  
among other things, that the earliest teaspoons were copied after  
patterns made in Europe, and the first original designs were those  
made about 1800 to 1810. The pattern wholly contributed by American  
designers is the one known as the coffin-shaped handle.

STUDY USES OF SOLAR HEAT. (Heating, Piping and Air  
Equipment Conditioning. Vol. 12, No. 3, March 1940, pp. 179.)  
A brief item which reports a study being carried on  
at the Massachusetts Institute of Technology, on the use of solar  
heat including winter heating, summer air conditioning, and power  
generation. These tests are being made on a specially designed  
laboratory building which is not a model domestic dwelling. It will  
be interesting to learn the results of this experiment when completed.

LOWER COST ELECTRIC COOKERY. H. E. Dexter. (Electrical  
Equipment World. Vol. 113, No. 10, March 9, 1940, pp. 745, 817-  
818.) This article, as the title implies, describes  
some new equipment provided at low cost which uses electricity  
economically for household cooking. Illustrations show the new  
designs. This equipment consists of an assembled table-top unit,  
having a roaster or over section, with baking racks and oven dishes,  
and a flexible three-heat surface unit, broiler drawer, aluminum  
grill. It does everything that a standard electric range will do  
and will serve a family of from 2 to 10. The equipment is light and  
easy to handle and keep clean.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

E. Smith

JUN 3 1940

May 22, 1940.

No. 419

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Social

MOTHERS OF THE SOUTH. Portraiture of the white tenant farm women. Margaret J. Hagood. (University of North Carolina Press, Chapel Hill, 1939, pp. vii 252.)

This book discusses the life, attitudes, aspirations, and work of the tenant women of the South. There are chapters on field work, housekeeping, childbearing, child raising, wifehood, community participation, middle age, and on "mother worries." The pictures of the lives of these women are painted vividly.

Social

THE PROBLEM OF SOCIAL CHANGE. Newell L. Sims. (Thomas Y. Crowell Co., New York, 1939, pp. viii 477.) This

book, in four parts, takes up the historical aspects of social change, natural factors in social change, the nature of social order and change, and the process of social change. A fairly technical book designed for colleges, it points out what does not change in a changing society, as well as what does change. One factor that remains permanent is the biological characteristics of man. However, these characteristics vary with age, sex, and general physical condition.

Social

RESEARCH IN RECREATION. G. M. Gloss. (Recreation. Vol. 33, No. 12, March 1940, pp. 651-653, and 696.)

This article in discussing research in recreation says that America as a new country has not yet found for itself a cultural outlook. We still give prestige to the securing of wealth and to display rather than to creative ability and appreciation. Many still consider the arts to carry the stigma of effeminacy, but the article implies that the harmonious life requires as a necessity the creation and appreciation of beauty which at present is not consciously understood. Such recreation gives people an opportunity to share pleasurable experiences and to gain an understanding of one another which should help to integrate our society in such a way that many of the persistent problems of living might be solved through mutual respect and understanding as the result of cooperative play efforts.



General

FEW FOREIGN SOURCES FOR GLOVE BUYERS. (Women's Wear Daily. Vol. 60, No. 65, March 19, 1940, pp. 1, 30.) An item which says that the foreign glove market will be limited because of lack of workers and materials.

The Child

CLOTHING THE BABY. William I. Fishbein. (Hygeia. Vol. 18, No. 1, January 1940, pp. 83-84.) This article states that no two similar lists of suggested baby clothes seem to be available in spite of the fact that there is a general agreement regarding certain requirements of infants' clothing, that they be simple, washable garments adapted to the climate and season as well as to the temperature of the house, and the baby's age. The article mentions the weight of clothing for children of different ages and says that clothing for the 1-year-old averages 1-3/4 pounds in weight, and that a study of clothing of 50 nursery school children has shown that the ratio of weight of indoor clothing to boys' body weight is 4.47 percent, and of outdoor clothing, 8.7 percent. Indoor clothing of girls weighed 3.91 percent of the body weight; outdoor clothing, 8.75 percent. This clothing was for children of 3 to 6 years. The pieces worn indoors by both boys and girls numbered 6; outdoors, by both boys and girls, 10.

General

DESIGN AND THE IDEA. Allen Tucker. (The American Federation of Arts, Washington, D. C., 1939, and the Oxford University Press, New York, pp. 40.) This book attempts to explain how designs are made and how to judge them. The author says it is intended to be the essence of philosophy of design. It is divided into the following parts: The creative spirit; The essentials of design; Balance; Unity, rhythm, harmony, contrast. It says that none of us exercise his creative faculties sufficiently, and advises continuous designing of things because the more kinds of things we design, the more easily we shall be able to design. It points out that there are a great many theories as to color, and the author thinks none of them are absolute. A paragraph is devoted to the question why students do so little work outside of class and seem unable to find anything to paint unless assisted. The author advises that it is a good plan to make a picture every day, no matter how small or in what medium. He bemoans the fact that we do not realize more on our own abilities to create. He says that Greece created and Rome copied - Greece lives and Rome passed, because Rome copied and Greece created. In the early days of America we made vital art and architecture which was our own.





Management      HOW TO MAKE YOUR BUDGET BALANCE. E. C. Harwood and Helen Fowle. (American Institute for Economic Research, Cambridge, Mass., 1940.) Discusses a flexible budget for food, cost of home, clothing, transportation, insurance, and allowances for personal services; when one should be a borrower, and the day of reckoning on which one balances accounts to see how well they tally with the budget. Graphs show the average amount of each commodity consumed by different-sized groups or different levels, such as extravagant, normal, and thrifty, as well as for family groups of a single adult, two adults, three adults, to a family of eight or more.

Management      BUDGETING THE LOW INCOME. Boston Budget Council (Blanche F. Dimond, Community Health Association, Boston, Mass., 1939, pp. 63.) This bulletin is a study of household needs in order to prepare a bulletin for use with low-income groups in Boston. It sets up essential standards for food, shelter, clothing, fuel and light, household equipment, health, education, and recreation.

Management      CONSUMER CREDIT AND ECONOMIC STABILITY. Rolf Nugent. (Russell Sage Foundation, New York, 1939, pp. 420.) This report of research takes up the development of consumer credit from early time, including the area before the Civil War, between this war and 1922, and such credit between 1923 and 1938. The second part of the book is given to economic consequences of consumer credit fluctuations, and the third part to receivables of consumer credit agencies.

Management      REPORT OF THE TEXAS COMMITTEE ON THE STANDARDIZATION OF CONSUMERS' GOODS. Mary Anna Grimes. (Journal of Home Economics. Vol. 32, No. 3, March 1940, pp. 162-164.) In this report the Committee says that the percentage of garments reported as correctly labeled was higher in November of last year than it had been in May. It leads to the hope that improvement in labeling is under way. However, there was found no corresponding improvement in advertisements.

Management      PURCHASING SPECIFICATIONS AND FORMULA CONTROL FOR PROFIT. Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 3, March 1940, pp. 36, 37, 93-97, illus.) Portrays details of cutting meat and tells how to recognize the different parts. The author says that the flat bone cut includes half of the cheaper hip and for this reason is the cheapest short-loin in price. It recommends that when you buy, your specifications should state clearly what you want. It also points out that there are seven and a fraction vertebrae in the upper cut of the animal from which the tenderer steaks come. If the wholesale piece from which steaks are cut include more vertebrae than these, they have been extended into the less tender parts of the animal.



Handicraft                      WOOD CARVING FOR AMATEURS. David Denning. Revised by Charles F. Callow. (The Bazaar, Exchange & Mart, Ltd., London, 1939, pp. 80, illus.) An English book in which the author says wood carving is especially suited to those whose necessary occupation and employment allow them very little leisure to devote to amusement and accomplishment and whose finances do not permit them to spend much money on one or the other. It tells the tools needed, the kinds of wood suitable for different kinds of work, methods of working, sharpening tools, how to carve panels, and it gives examples of carving.

Handicraft                      STRENGTHENING OUR WORK IN RELATED ART. Elsie W. Gwynne. (Journal of Home Economics. Vol. 32, No. 4, April 1940, pp. 224-226.) Discusses the teaching of related art, and recommends a number of ideas for this purpose. Among other things it says that the leader or instructor should not lose sight of the fact that it is important to practice as well as preach in the field of related art; that one's first art problem in the day is when one gets dressed in the morning. Students and audiences of home economics women do not make allowances for their appearance because of the mere fact that they are busy women. They are judged very critically. So it advises that they look upon their teaching of art as an opportunity for personal growth and satisfaction, and that they must put it into practice every day and every hour.

Handicraft                      PURPOSE IN DESIGN. Amelia D. Defries. (Methuen & Co., London, 1948, pp. xv 238, illus.) This book by a French author discusses her impressions and philosophy regarding design in house furnishings, architecture, handicraft, and the like, as she saw it develop in the exhibit at the Paris Exposition in 1937. She advocates the system used in France of having experiment stations in which arts and crafts are carried on in true craftsmanship fashion in order to develop the best in design for commercial as well as other use. She points out how in this way handicraft of itself has been made profitable in France.

Handicraft                      NEEDLE-MADE LACES AND NET EMBROIDERIES. Doris C. Preston. (The Woman's Magazine Office, London, 1938, pp. 160.) The object of this book, the author says, is to introduce to the reader some types of lace making and to describe them in such way that with instructions and diagrams anyone can gain a working knowledge for making these laces. The laces described are: Needle-run, tambour, Limerick, Carrickmacross, Irish crochet, reticella work, princess, modern needle-point, filet, and tatting.





*E. Smith*

United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 420

May 29, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Management      SELL THE CONSUMER "400" FIRST! Clue to solution of consumer problems indicated by recent conferences in New York and Chicago. Ivan Miller. (Food Industries. Vol. 12, No. 4, April 1940, pp. 67-68.) A discussion by food distributors of the consumer movement by house-wives. In the conclusion of this article the author says that business has spent generously in the past to discover the likes and dislikes of consumers, and that the answer to such a question can be more easily attained now that the women who are the consumers are organized into groups. He suggests that these groups offer an opportunity to manufacturers rather than a threat, and that they should overcome the antagonism to business which has been built up in the past.

Management      PRODUCT STANDARDS AND LABELING FOR CONSUMERS. Alice L. Edwards. (The Ronald Press Co., New York, 1940, pp. viii 134.) A history of the drive for standards and labeling and consumer education projects as they have developed during the past 25 years. It discusses the national agencies that have been set up to handle various phases relating to them. Some of the chapter headings are: Standards: stepping stones in progress, Tools of industrial conquest, Guides for ultimate consumers, developing new procedures, The agriculturist's friend, Guards for public protection, Simplification and standards, Toward fairness for all, With common interests, Industry in the lead, From both sides of the retail counter, By way of illustration, and Pointing the way.

Management      GETTING ALONG WITH THE HIRED GIRL. (Wisconsin Agriculturist and Farmer. Vol. 57, No. 7, April 6, 1940, pp. 22.) An article in which girls working at household labor and homemakers tell of their experiences in getting along, and what they learned from one another. The girls preferred positions in the rural home rather than in the urban home.



Food and  
Nutrition

EDIBLE WILD PLANTS. Oliver P. Medsger. (Science. Vol. 91, No. 2363, April 12, 1940, pp. 361.) A brief review of a book by the above name, published by the MacMillan Co., New York, 1939. It says that the book lists on 90 pages wild fruits which can be eaten either raw or cooked. There is also a discussion of edible nuts and Rocky Mountain nut pine, also edible seeds and seed pods. Another section is devoted to edible roots and tubers and still another to beverages and flavoring plants and sugars and gums.

Food and  
Nutrition

NUTRITION. Margaret S. Chaney, and Margaret Ahlborn. (Houghton Mifflin Co., New York, 1939, pp. xxv 436.) The authors say in the preface that this text is intended to be used by college, university, or normal school students in home economics classes. The material is treated from a more scientific standpoint than is necessary for purely personal use. The main chapter headings are: The relation of nutrition to health, Food the source of energy, The energy balance, Basal metabolism, The body's need for calcium and phosphorus, The body's need for iron, Iodine one of the regulators of energy metabolism, Vitamin A and Vitamin D, The vitamin B complex and vitamin C, Body regulations, The hygiene of the digestive tract, Nutrition during the reproductive period, Optimal nutrition for the first year of life, Optimal nutrition during childhood, The selection of an adequate dietary.

Food and  
Nutrition

THE SIGNIFICANCE OF THE "TRACE ELEMENTS" IN NUTRITION. E. J. Underwood. (Nutrition Abstracts and Reviews. Vol. 9, No. 3, January 1940, pp. 515-534.) This article, which says in the introduction that there are now no less than 13 mineral elements known to be essential for animal life, discusses each of them at considerable length, giving their use and sources as discovered to date for livestock as well as animals. The elements listed are: Copper, cobalt, nickel, manganese, zinc, arsenic, fluorine, bromine, aluminum, silicon. It says, in closing, that the part played by the so-called trace elements in the physiological processes is mostly obscure, but from the extremely small quantities required they can hardly be other than catalytic. It says that "evidence is accumulating that indicates they are indispensable constituents of some intracellular enzyme systems."

Food and  
Nutrition

JELLIES IN GENERAL. Matthew Berman. (Confectioners Journal. Vol. 66, No. 783, April 1940, pp. 14 and 16.) Deals largely with what are known as starch jelly gums. It explains the reactions of various substances, such as pectin, agar agar, and gum arabic, which are used in forming the jellies.





Clothing and  
Textiles

QUALITY IN COTTON FABRICS DETERMINED BY RESEARCH. Elna H. Wharton. (Forecast for Home Economists. Vol. 56, No. 4, April 1940, pp. 186, 187, 224-226.) This article tells what the United States Department of Agriculture and the Bureau of Home Economics are doing in studying quality in cotton fabrics such as sheets, pillowcases, bedspreads, mattress pads, bath towels, washcloths, dishcloths, glass curtains, and chintz overdrapes, also the work being done on cotton stockings.

Clothing and  
Textiles

MODERNIZING CLOTHING INSTRUCTION. Evelyn M. Herrington and Edna P. Bryte. (Forecast for Home Economists. Vol. 56, No. 4, April 1940, pp. 181, 204, 208.) These authors in telling how to modernize clothing instruction say that there is evidence that home sewing is on the increase. This is due in part to the limitation of family clothing budgets due to present-day economic conditions and in part to emphasis on personal appearance. Also the increasing amount of leisure brought about by modern equipment and smaller living quarters has released women and girls from household tasks and given them more time for thought and creative energy in making clothing. The clothing instructor should learn motion in making clothing from industrial workers in order to accomplish these tasks better and more easily. Many teachers do not know what the garment industry is doing and have not seen the process of making clothing there. The small child in past generations learned her motor skill in sewing by watching and imitating her mother. A questionnaire showed that 79 percent of the people replying thought that the skills of teachers in clothing and cookery should be improved.

Clothing and  
Textiles

FINISHING MATERIALS. A study of the basic raw materials used in the finishing of cotton piece goods. J. Andrew Clark. (W. R. C. Smith Publishing Co., Atlanta, Ga., 1934, pp. 113.) This paper-backed book describes finishes for cloth, such as tallows, paraffin, and starches, water softeners, castor oil, and acids. Clothing specialists like to know more about the nature of the wide variety of finishes now being used.

Clothing and  
Textiles

NEW COLOR-FAST STANDARDS AS WORKED OUT SAID TO MEET ALL MODERN NEEDS. (Fibre and Fabric. Vol. 93, No. 2874, March 2, 1940, pp. 6-8.) This article discusses color fastness and some of the difficulties that have arisen due to the fact that standards as now specified are not generally clear enough or accompanied by a change in terminology or guarantee which fits present-day colors. Consumers suffer most from this lack.



Social                   SOME ASPECTS OF EUGENIC MARRIAGE LEGISLATION IN THE UNITED STATES. Part I. Communicable Disease. Ruth V. Schuler. (The Social Service Review. Vol. 14, No. 1, March 1940, pp. 61-82.) This article, which is the first part of a series on the above subject, discusses laws passed by the various States which prohibit the marriage of persons with communicable diseases.

Social                   THE STUDY OF SOCIETY. Methods and Problems. Edited by F. C. Bartlett, M. Ginsberg, E. J. Lindgren, and R. H. Thouless. (The MacMillan Co., New York, 1939, pp. xii 498.) This is a textbook intended to explain the forces and factors which control man's behavior. It takes up some problems of social psychology, social application of sociological tests, and some of the other methods of sociology.

Social                   AFTER FREEDOM. Hortense Powdermaker. (The Viking Press, New York, 1939, pp. xx 408.) This book, which is a cultural study in the deep South, attempts to give a picture of Negro life and the problems with which it has been confronted since the abolition of slavery. Main chapter headings: The social scene, Economic considerations, Cohesion and conflicts in the Negro family, Religion and superstition, Education, The Negro's response to the situation.

Social                   SOCIAL CONTROL. Social Organization and Disorganization in Process. Paul H. Landis. (J. B. Lippincott Co., New York, 1939, pp. xxii 507.) This book contains the following chapters: Social control defined, The nature of the problem of social regulation, The original nature of man and the regulative process, The building of human nature for the social order, The role of the group in socialization, Culture as a factor in socialization, The goal of life as a factor in control, Goals of an age as factors in social guidance, Social control and the problems of individual freedom, Social control and social problems in the primary group, Social control and social problems in the secondary group, The liabilities and assets of agencies of mass impression to social control in a world of secondary groups, Problems of the American family as an agency of social control, Problems of the Christian Church as an influence in social control, Formal education as a socializing agency, Economic forces promoting social order and disorder, Government and law as regulative agencies, Science and technology as agencies of social control, Means of social control, Social control and behavior problems among contemporary youth, Social control and behavior problems among contemporary youth (continued), The relation of social control to personality disorganization, The breakdown of control as a factor in social pathology, Social revolt, and The problem of control in our dynamic society, a concluding summary.

Dear Sir,

I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the above matter.

I am sorry to hear that you are not satisfied with the result of the examination. I have been very anxious to see that the work was done to the best of my ability.

I have been very busy lately, and have not had time to devote to this matter as much as I would have liked. I am sure that the work was done to the best of my ability.

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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*E. L. Allen*  
JUN 21 1940

No. 421

June 5, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Housing      NEW TENDENCIES IN RURAL BUILDING. H. J. Hopfen.  
(International Review of Agriculture, year 31, No. 1,  
January 1940, pp. 24T - 28T.) This article reports  
developments in rural housing in recent years as observed in many coun-  
tries throughout the world. It says that in the last few decades rural  
building in general has lost much of its affinity with its surroundings.  
This is due in part to efforts to attain greater profits from the build-  
ing industry, which have led to an entirely utilitarian style of dwell-  
ing which is not adapted to its surroundings and is of little esthetic  
value. It reports recent trial methods in improving construction and  
discusses building with bricks, stone, concrete, clay or adobe, wood and  
other fibrous materials. It says, in conclusion: "It is clear that  
the density of building materials will be an important question in rela-  
tion to their future development in rural building."

Housing      FIRST PAN AMERICAN HOUSING CONGRESS. (Bulletin of  
the Pan American Union. Vol. 74, No. 3, March 1940,  
pp. 162-165.) This article reports the first Pan  
American Housing Congress which was held in October 1939. It reports  
that Washington, D. C., has been chosen as the meeting place for the  
second congress, which is to assemble in 1941.

Housing      THE FARM HOUSE AND THE ARCHITECT. Fred M. Overby.  
(Agricultural Engineering. Vol. 21, No. 3, March  
1940, pp. 103 - 104.) This article discusses ways  
and means in which the farm house should be improved. It says that new  
farm houses as far as practical should be patterned after the city or ur-  
ban house because these have nearly all the practical requirements of the  
farm house. If an architect is not employed, stock plans are the solution.  
It points out that there is the greatest demand for one-story low cost  
houses and that smaller farm homes are becoming more popular. Modern equip-  
ment makes the small house more practical. In addition, it discusses the  
time-saving lumber and factors delaying farm home improvement.



Food and  
Nutrition

A COMPARISON OF THE UTILIZATION BY COLLEGE WOMEN OF EQUIVALENT AMOUNTS OF ASCORBIC ACID (VITAMIN C) IN RED RASPBERRIES AND IN CRYSTALLINE FORM. E. N. Todhunter and Alva S. Fatzer. (The Journal of Nutrition. Vol. 19, No. 2, February 10, 1940, pp. 121-130.) The object of this investigation was to determine whether there was any measurable difference in the utilization by college women of ascorbic acid as it occurs naturally in red raspberries and in the crystalline form. The results showed that there was no difference.

Food and  
Nutrition

A NEW DAY IN FAT FRYING. W. E. Broeg. (Food Industries. Vol. 12, No. 4, April 1940, pp. 51 - 52.) This article discusses mainly French frying and deep frying versus shallow fat frying. By this latter is meant sufficient fat to cover the food but not much more than that. It takes actual frying temperatures and mentions how futile are the instructions to wait until the pan of fat is smoking hot, since the temperatures at which the different types of fat smoke are so varied. It reports a survey which showed that some cooks thought that potato chips should be fried at 395° F., while others considered a temperature of 300 to 330° F. sufficient. The recommended temperature for frying clams, oysters, and scallops also varied widely. It says that in writing a recipe giving the temperature for frying, consideration should be given to the fact that when food is put into the fat, its temperature is reduced. Large quantities, of course, lower the temperature far more than do small quantities. It also discusses equipment for frying, and specifies a frying pan with large bottom area that will allow only a sufficient depth of fat to cover the food so that there can be enough of input B.t.u. to hold the temperature comparably constant during the frying process.

Food and  
Nutrition

SCIENTISTS APPROVE OF VITAMIN FORTIFICATION. Philip H. Van Itallie. (The Northwestern Miller and American Baker. Vol. 17, No. 4, April 3, 1940, pp. 14-17.) In discussing the fortification of foods with vitamins the author says that Lydia J. Roberts pointed out at the American Institute of Nutrition that "a properly safeguarded program of fortification of food products with vitamin and mineral in which the American diet is deficient would be of decided benefit." It says, however, that regulations governing the labeling for vitamin products authorized under section 403 (j) of the new Federal Food, Drug, and Cosmetic Law have not been prepared covering the matter of the addition of vitamins to food and, as a consequence, manufacturers have been slow to add vitamins to their products.





Handicraft

AND YOU NEED COLOR "SENSE" TO ARRANGE FLOWERS THE AMERICAN WAY. Patricia Kroh. (The American Home. Vol. 23, No. 5, April 1940, pp. 19.) The author explains some of the color principles which she uses in making attractive flower arrangements. They are based on complementary or triads of color.

Handicraft

LEATHER CRAFT. Developed by the Recreation Division of the Chicago Park District. (Chicago Park District, Burnham Park, Chicago, Ill., 1936, pp. 40, illus.) This little book, with numerous illustrations, explains step by step how to tool and make leather articles. It is profusely illustrated.

Handicraft

CRAFTSMEN OF MAINE. Harry Irving Shumway. (American Cookery. Vol. 44, No. 9, April 1940, pp. 553-560.) This article describes the State of Maine Industries, Inc., an organization and craft shop at Saco, Maine, which is subsidized by the State. Its purpose is to promote the sale of handicraft products of artists who have been working by themselves in the past. The organization was formed by Harold F. Schnurle and Harold N. Hanold. Illustrations show jewelry, ironwork, weaving, wood carving, painting, and other crafts which are helped through this organization. Also some instruction is given to improve the work of craftsmen.

Handicraft

FUN WITH PAPER. How to fold and cut paper to make useful articles, toys, and amusing tricks. Joseph Leeming. (Frederick A. Stokes Co., New York, 1939, pp. xii 152, illus.) This book tells how to make all sorts of playthings, party favors, etc., of various kinds of paper, including newspapers, colored papers, and cellophane. The construction of more than 150 articles is described with diagrams for folding and cutting.

Handicraft

CHRISTMAS GREENS ON OUR OWN LAND. (The Rural New-Yorker. Vol. 98, No. 5466, December 16, 1939, pp. 636.) This article suggests the materials that might be used for Christmas greens and other decorations which can be grown on many home farms.



Health THE PATIENT AND THE ART OF LIVING. An approach to psychosomatic medicine. William H. Barrow. (The Journal of the American Medical Association. Vol. 114, No. 8, February 24, 1940, pp. 703-713.) A speech in which medical students were given help regarding the need for teaching patients the art of living. Some questions brought up are of interest to the layman as well as to students and patients. Some things discussed are: Why people seek relief when they have certain symptoms, the underlying causes of complaints, the individual who is constitutionally inadequate, those who never grow up, the effect of the pledge in marriage, business worries, etc. on the psychology of the individual.

Health WAYS TO COMMUNITY HEALTH EDUCATION. Ira V. Hiscock. (The Commonwealth Fund, New York, 1939, pp. vii 306.) The foreword says that this volume is to provide some necessary equipment to meet the rapidly growing need for special preparation of teachers of the arts and science of public health. Some chapter headings: The basis for public health education, Participation of community groups. Meetings, The newspaper, Printed matter, The radio, Exhibits, Motion pictures, Some aids on the job, Promoting sanitation and safety, A campaign against an acute infectious disease: diphtheria, Campaigning against tuberculosis and syphilis, Teaching people how to live. The appendices give sources of material for public health education.

Health THE AIR-COOLED HUMAN BODY. C. E. A. Winslow. (Heating, Piping, and Air Conditioning. Vol. 12, No. 4, April 1940, pp. 271-273.) The author discusses the effects of air cooling on health and explains how the human body is naturally air cooled. He says that the hourly heat produced in the body may be ten times as great when one exercises strenuously as when in bed asleep, however, the heat thus formed must be balanced by equivalent heat loss in order to maintain the average temperature of 98.6 F. of the human body. He explains in considerable detail how this is accomplished. He says in closing that in studying this question one must keep in mind that one can no longer be satisfied with the avoidance of obviously harmful conditions for health is not merely the art of staying alive. One's aim should be efficiency and fullness and joy of living. What one desires are atmospheric conditions which produce an active sense of physical well-being, such as is experienced on the mountain top or at the beach where the air is free from harmful dust, fumes, and odors. He believes that we are coming to an area in air conditioning in which the positive physical satisfaction is attainable.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*E. Smith*  
1940

No. 422

June 12, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning that availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Social

THE SOUTHERN POOR-WHITE FROM LUBBERLAND TO TOBACCO ROAD. Shields McIlwaine. (University of Oklahoma Press, Norman, Oklahoma, 1939, pp. xxv 274.) This book discusses literature that deals with life in the South. It begins with the first literary portrait of the poor white written by one William Byrd, then takes up literature of ante-bellum American which introduces the poor white. In this chapter, four books are discussed, in chapter 3, the war-time literature dealing with the poor white; in chapter 4, entitled "America Makes the Poor-white a Cause and a Literary Vogue," modern novels and articles dealing with present-day problems in the South among the poor white are discussed.

Social

THE DEMOCRATIC FAMILY. Esther E. Prevey. (Journal of Home Economics, vol. 32, No. 5, May 1940, pp. 298-300.) This article defines the democratic family. The author says to summarize the democratic family provides opportunity for promoting satisfactory social relations and aims for cooperative participation within the group.

Social

EDUCATION FOR HOME AND FAMILY LIFE IN THE LIGHT OF SOCIAL TRENDS. Edmund deS. Brunner. (Journal of Home Economics, Vol. 32, No. 5, May 1940, pp. 285-290.) A discussion of what the author terms a new profession, that of education in the field of home and family life. He outlines some points to be emphasized in teaching this subject and some of the factors that must be taken into consideration, such as the one that women are entering into gainful employment in increasing numbers. He, however, says that in spite of this fact most women marry so they should be given education for home and family life. Regarding this education he says we should determine what elements in our culture are worthy of passing on and we should also appraise and synthesize the new mass of knowledge to make it useful for the citizens of today and tomorrow.



Equipment

THE 5 CARDINAL POINTS ARE: I. FUEL, II. FURNACE CONSTRUCTION, III. CONTROLS, IV. TYPE OF INSTALLATION, V. INSTALLATION PRICE & OPERATING COSTS. W. B. Cooper.

(The American Home. Vol. 23, No. 4, March 1940, pp. 40, 41, 89-92, illus.) This article discusses furnaces, the fuel used in them, and price and operating costs. A diagram shows one type of installation.

Equipment

ON THE SELECTION OF A FLOOR COVERING. H. R. Peat. (Arts & Decoration. Vol. 51, No. 6, April 1940, pp. 32-34, and 43, illus.) With illustrations and text,

this article describes some modern carpets and rugs, and tells when and where each type is best adapted. It says, for instance, that plain rugs should be selected to be used on a patterned tile floor. Figured floor coverings demand a floor without too much character and upholstery that will not establish a sense of competition. It says in closing, that the trend of public taste today is toward self-patterned and bordered rugs or carpets, known as "sculptured" or "carved." The use of these gives a wide range of choice for draperies and furniture upholstery. These rugs seem to ask for furniture which is modern in conception and leaning toward the Swedish; fabrics of Scandinavian trend are also suitable in combination with them.

Equipment

KEEPERS FINDERS. Paul Jerman. (The American Home. Vol. 23, No. 5, April 1940, pp. 42, 107-108.) This article, with three illustrations, depicts an office corner or

space for the home. Part of this equipment is a filing case, in one it is camouflaged by being covered with wallpaper, in the other it serves as a built-in part of a bookcase and desk. The author says, among other things, "If you haven't a file, I'll bet your house is in the same condition ours before we acquired one. All sorts of important papers were scattered around throughout the house, stuffed in the pigeonholes of the secretary, concealed in the dark rear of a deep dresser drawer--almost any place where there was no danger of their being swept away by wind or broom. When we found anything, it was by accident, sheer force of memory, or because we had ransacked every room." He lists among the important papers: Income tax records, Christmas card and gift lists, insurance papers, etc., and says that a file also helps to make available magazine clippings on decoration, curtaining, and kitchen activities. He says that not enough attention has been given in modern housing design or in remodeling older houses in providing a business corner. He also advises that the files should be sacrosanct, and not allowed to degenerate into a receptacle for roller skates, home work, and all sorts of other things. If it does, you might as well give up that file and get another one.





Handicraft

HINTS FOR THE HOBBY CLUB. James E. Liedloff. (Forecast for Home Economists. Vol. 56, No. 1, January 1940, pp. 31, 48, and 56.) A short article with illustrations, discussing sculpture as a handicraft. It explains how to make an armature from iron pipe and a wooden darning egg for holding the piece in convenient position while working on it. It also tells the materials needed and how to handle clay in making figures.

Handicraft

HANDICRAFT MUSEUM. (Journal of Adult Education. Vol. 12, No. 2, April 1940, pp. 212 and 213.) This item announces that the Weston, Vt., museum was set up by the Vermont Guild of Old Time Crafts and Industries, which was founded in 1936. In this museum are shown early methods of making articles of wood, copper, pewter, and wrought iron. Also one can see wool and flax spun, carded, and woven into useful and beautiful textiles. The guild aims to be headquarters for instruction in American handicrafts. This craft education is planned particularly for rural people who wish to make things for their own use or for sale or for persons who plan to teach craft work in their own communities.

Handicraft

THE DYEING AND KNOTTING OR ORIENTAL CARPETS. A Juvet-Michel. (Textile Colorist. Vol. 61, No. 731, November 1939, pp. 743-744, 780.) This article telling how to prepare the wool and dye the material, describes in considerable detail the knotting of carpets and how the people in Persia and other Near East countries do this weaving. It says, in part, that in the process of knotting, the back thread is brought forward as far as the major front one. The knotter then holds both threads in his hands and knots the colored thread to them according to custom, using either the Ghiordes or Turkish Knot or the Sehna or Persian Knot. The knot thread is then tightened and cut to the desired length, thus forming the pile of the carpet. It is beaten down into the warp with a heavy comb which is usually made of iron, and the weft threads are carried across the whole length of the carpet between the two sheds of the warp. These lines of weft are necessary to bind the carpet together laterally, as warp and wool alone would not keep it together. They also hold the knots in position. The fineness of texture of a carpet depends more on the warp and weft than on the manner of knotting. The number of knots per square foot varies greatly in such carpets. The largest number counted per square foot was 12,700 in a famous Vienna hunting carpet.

Handicraft

LACE-PAPER FRILLS. Margery Webb. (The Country Gentleman. Vol. 110, No. 5, May 1940, pp. 67, illus.) Illustrations and announcement of a leaflet, 627-CG, published by The Country Gentleman, which tells how to make lace-paper cuffs, collars, etc.



Food and  
Nutrition

THE USE OF HIGH CONVERSION CORN SYRUP IN MAKING JELLIES, JAMS, AND FRUIT BUTTERS. Donald K. Tressler. (The Fruit Products Journal and American Vinegar Industry, Vol. 19, No. 8, April 1940, pp. 228-229, and 251.) The author discusses the use of corn sirup in making jellies, jams, and fruit butters. He explains the percentages of fruit and sirup in various commercial types of these products. The author is of the opinion that the use of less sweet sugar would increase the consumption of these fruit products.

Food and  
Nutrition

THE DIETARY VALUE OF FRUITS AND FRUIT PRODUCTS. W. V. Cruess. (The Fruit Products Journal and American Vinegar Industry, Vol. 19, No. 8, April 1940, pp. 230-233, 245, 247, 251.) The article defends the dietary value of fruits and fruit products in maintaining the acid base balance, promoting blood regeneration, and in supplying vitamins C, A, B, and G. It also discusses the public-health aspects of dried and canned fruits.

Food and  
Nutrition

STARCH IN RELATION TO SOME BAKING PROPERTIES OF FLOUR. R. M. Sandstedt, C. E. Jolitz, and M. J. Blish. (Cereal Chemistry, Vol. 16, No. 6, November 1939, pp. 780-792.) A report of a study to determine the effect of the starch on the baking properties of flour. The conclusions reached are that the percentage of starch as well as of gluten is important in the making of a satisfactory loaf of bread. It says the improving effect of malt on many flour doughs is due not to its proteolytic action but to the action of alpha-amylase on the starch.

Food and  
Nutrition

STANDARDIZATION OF THE SCORING OF TEST CAKES. Olof E. Stamberg. (Cereal Chemistry, Vol. 16, No. 6, November 1939, pp. 764-780.) The scoring of cakes baked in laboratories is discussed in this article. A definite quantity of batter is used for each cake. The judging points include those applied to the external appearance of the cake: Symmetry, 10 points; volume, 15 points; and crust, 5 points. Points given to the internal characteristics are: Under texture, tenderness, 15 points; silkiness, 15 points; grain is given 25 points, and color, 15 points. One color plate illustrates grain standards and another, standards for scoring of symmetry or shape of the test cakes.

Food and  
Nutrition

ADEQUATE MEALS FOR THE FAMILY. G. Dorothy Williams and Linnea C. Dennett. (Forecast for Home Economists, Vol. 56, No. 1, January 1940, pp. 19-21, 42, 44.) This article discusses the planning of adequate meals and gives tables of calories, proteins, minerals, vitamins, etc., essential to a well-rounded diet. It also presents menus and illustrates a few of them showing the various food values in them.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

JUL 5 - 1940

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June 19, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Equipment

THEY ALWAYS TELL YOU TO "START WITH ONE GOOD PIECE." There may be nothing like a good "break-front," you say, but who wants to sit on the floor and just look at it? Nobody, we agree! But you won't have to because today even the best isn't outrageously expensive, and all of the plain, unfinished furniture you need to complete the room can be had for a song or two. (The American Home. Vol. 23, No. 6, May 1940, pp. 24, 25, and 130.) The author discusses the good and bad points of the advice, "Start with one good piece," in furnishing your home. Among other things, it advises against buying a complete suite, but advises getting a good, comfortable box spring and mattress and letting interior decoration, which is a fine thing, wait if need be, for there is nothing after a hard day's work like 8 hours of good sleep on a "downy couch." Other items of advice are also given.

Equipment

FLOORS AND FLOOR COVERINGS. Cornelia D. Plaister. (American Library Association, Chicago, 1939, pp. 75.) The contents include: Floor maintenance, Asphalt tile and flooring, Concrete, Cork carpet and tile, Gypsum, Linoleum, Magnesite, Marble, Rubber flooring, Slate, Terrazzo, Tile, Wood, Moisture test, Glossary of technical terms, and Bibliography. The author says that it is not her purpose to make final recommendations as to the best floor and that when planning a floor, walks and grounds surrounding the building should be considered. She is interested mainly in floors and floor coverings for libraries.



A BRIEF SUMMARY OF THE CAUSES OF MENTAL DISEASES. B. Liber. (Medical Record. Vol. 151, No. 8, April 17, 1940, pp. 275-278.) This article says, in part, that these are due mainly to mental conflicts and mental maladjustments; injuries; certain diseases; bad habits, such as the use of intoxicants, morphine, and other habit-forming drugs; industrial poison; mental fatigue; and a few to heredity and organic causes. Personality is also considered, and regarding this the author says that there are great differences between personalities, and each personality reacts in its own way to a given environment and does its share in provoking shocks.

ALLERGY. Herman N. Bundesen. (Ladies' Home Journal. Vol. 57, No. 3, March 1940, pp. 86 and 87.) This article is a discussion of allergy, particularly in children. It points out how some of these conditions develop. Some reasons given are that allergy runs in some families, and some are developed under conditions favorable to the development of this disorder.

SAVING YOUR FIGURE. By observing a few simple principles of posture, the mother-to-be can assure herself of her former good figure. Charlotte R. Welsh. (Hygeia. Vol. 18, No. 3, March 1940, pp. 209-211.) An article on posture, intended to help the mother-to-be. Diagrams show good and poor posture.

OBESITY IN CHILDHOOD. Physiologic and psychologic aspects of the food intake of obese children. Hilde Bruch. (American Journal of Diseases of Children. Vol. 59, No. 4, April 1940, pp. 739-781.) The third number of this article on obesity in childhood. It takes up the food intake as reported by the parents and as checked by those making the study. The comment on this part of the article is that numerous reports show that the caloric requirements of an obese person are not fundamentally different from those of normal persons. Food intake and increase in weight are correlated. However, this fact does not clarify the underlying cause of the condition. Physiologic aspects of the problem are also discussed and personal observations given of the treatment of obesity. Dietary restrictions are then taken up and a review of the literature on this subject presented. It says that increased desire for food and obesity frequently became manifest only after some upsetting experience. In two pertinent cases obesity developed at periods of fear. The majority of children who because of family position had been under prolonged periods of overprotection exhibited signs of immature behavior not only in eating habits but in other respects.





Social

HOME AS THE PLACE FOR LEARNING DEMOCRATIC LIVING. Grace Langdon. (Progressive Education. Vol. 17, No. 4, April 1940, pp. 247-250.) This article points out how indispensable the home is for teaching democratic living.

Social

WHEN WE MEET SOCIALLY. A guidebook to good form in social conventions. M'Ledge Moffett. (Prentice-Hall, Inc., New York, 1939, pp. vii 167.) This book is a type of questionnaire notebook with some text. It is designed, says the author, to meet the constantly recurring need for knowledge of what to do and how to do it when the individual is adjusting himself in social experiences. It is made up of a large number of questions to be answered by the student. Some chapters include: Criteria for the evaluation of good form, Good form for introductions, Conversation, Formal calls, Good form in daily living with intimate associates, Social correspondence, for parties, receptions, teas, banquets, etc. The guidebook says in defining culture, a person is said to be ill bred, uncultured, or discourteous: when he does not practice good form in such a way as to impress others with his good manners.

Social

SOME CONTRASTS IN LEVELS OF LIVING IN INDUSTRIAL, FARM, AND PART-TIME FARM FAMILIES IN RURAL MISSISSIPPI. (Social Forces. Vol. 18, No. 2, December 1939, pp. 247-255.) A report of a study of the levels of living of three types of families: Industrial, part-time farm, and farm families. The industrial group is divided into two classes--those residing in mill villages and those residing in the country. Both husband and wife were engaged in industrial work. The part-time farm group also included two classes, one in which the husband was a full-time farmer and the wife an industrial worker, and the other, in which the husband was the part-time farmer and the wife a farm assistant. In each of these classes there were 40 to 49 families. The conclusions reached in this study are that the part-time farm group was better off. They had the advantage over the farm group because they had a larger cash income and over the industrial group because they had a more generous supply of home produced foods, largely composed of protective foods which are necessary for good health. They were also the class with the most schooling and the greatest number of goals. The author says in closing that there is need for industries which can easily be combined with farming in areas where the soil is poor. Also industrial families in villages and towns are in urgent need of some intensive training in family finance, for many have moved from a nonmoney to a money economy and need to be taught the use of the dollar.



Food and  
Nutrition

HOW TO PREVENT THE BROWNING OF PEACHES IN THE FREEZING INDUSTRY. J. G. Woodroof. (Food Industries. Vol. 12, No. 5, May 1940, pp. 35-37.) Another article discussing the satisfactory keeping of frozen foods. This one deals with problems of preventing browning of peaches. It lists materials which have been reported as preventing browning of sliced apples and other fruits: glutathione or cysteine salts<sup>1</sup>; 0.10 percent thiourea or 20 percent pineapple juice; 5 percent sodium chloride; 30 percent or higher sugar sirup; or acids such as 1 percent sulphurous, 0.1 percent hydrochloric, or 2 percent citric; and heat to 180 deg. F. or higher. It says that there is a question as to the advisability of the use of the first three materials. It also says that the most satisfactory means used in preventing browning of peaches has been that of dipping them in a solution of 2 percent citric acid.

Food and  
Nutrition

VITAMINS--THEIR SOURCES AND VALUES. C. A. Elvehjem. (The Northwestern Miller and American Baker. Vol. 17, No. 5, May 1, 1940, pp. 18-21, 70 and 74.) A discussion of the value of vitamins A, B, E, K, C, B<sub>1</sub>, and several others including factor W. The author says in closing that there is no fundamental objection to the addition of synthetic vitamins to food materials. He sees no difference between the addition of salt and iodine and the addition of thiamin. However, this does not mean that we are ready for the wholesale fortification of food. Much study is still needed on this subject.

Food and  
Nutrition

THE EFFECT OF QUICK FREEZING ON THE NUTRITIVE VALUES OF FOODS. Mary Swartz Rose. (The Journal of the American Association. Vol. 114, No. 14, April 6, 1940, pp. 1356-1361.) A review of literature and studies on the effect of quick freezing on the nutritive value of food. It discusses types of processes used in freezing, special problems in the selection and preparation of foods for quick freezing, bacteriologic research in this field, the effect of quick freezing on cooking time, the nutritive value of quick-frozen foods, and the effect of freezing on the vitamin A, B<sub>1</sub>, G, C, and D values in food. In the summary the author says that vitamin A values in food are conserved by storage at a low temperature, out of contact with light, in a practically impervious package. Vitamin B<sub>1</sub> (thiamin) is not affected by freezing as such but considerable loss may occur in the blanching of the vegetables. There is little or no loss of vitamin G (riboflavin) in those vegetables which have been investigated. Vitamin C (ascorbic acid) in fruits appears to be conserved, except in blueberries. Defrosting and refreezing almost completely destroy the small amount of ascorbic acid which is present.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

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TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Food and  
Nutrition

THE DAY BY DAY COOK BOOK. Demetria Taylor and Gertrude Lynn. (Harper & Bros., Publishers, New York, 1939, pp. viii 367.) A book containing menus for every day of the year, and 1,047 recipes.

Food and  
Nutrition

FUNDAMENTALS OF CAKE DECORATING--STEP BY STEP. Eric Loebelenz. (Bakers Weekly. Vol. 105, No. 6, January 27, 1940, pp. 49, 50, and 69.) Part V of a series of articles on this subject of cake decoration which takes up the making of rosebuds using candy cores at the center. It is continued in Bakers' Weekly for February 10, 1940, page 51. Illustrations show how to make the rosebuds, step by step, and the appearance of the finished articles.

Food and  
Nutrition

EVERYDAY FOODS. Jessie W. Harris and Elisabeth L. Speer. (Houghton Mifflin Co., New York, 1939, pp. x 530 xxxiv.) A general textbook on foods, designed for college freshmen or high-school classes. It is divided into units taking up such subjects as the breakfast and luncheon or supper and dinner; a general discussion of foods; miscellaneous meals such as food for the sick, food for children, and food preservation. The latter part of the book is a cookbook.



Health THE SLEEP OF THE INNOCENT. Herman M. Jahr. (Hygeia. Vol. 18, No. 1, January 1940, pp. 53-56, and 88.) This article discusses the causes of restlessness during sleep of many children, and points out what causes some of these sleep disturbances and how they may be overcome.

Health DON'T PUT YOUR FOOT IN IT! Louise Price Bell. (Hygeia. Vol. 18, No. 1, January 1940, pp. 21.) A discussion of bedroom slippers, in which the author contends that most people wear their bedroom slippers too long and do not ever have them cleaned or washed, while, on the other hand, they replace their suits and dresses with fresh ones from time to time and have them dry-cleaned or washed at short intervals; we see that our underclothing receives careful and frequent laundering, but nothing is done about bedroom slippers. It then tells how athlete's foot and other foot diseases are spread or made difficult to combat by the wearing of slippers in which fungi still lurk. The care of different types of slippers is discussed.

Health FIRST AID IS TOO LATE. Richard A. Learned. (Hygeia. Vol. 18, No. 1, January 1940, pp. 38, 39, and 95.) This article emphasizes the importance of labeling bottles in medicine cabinets.

Health TRANSACTIONS, 28TH NATIONAL SAFETY CONGRESS. Atlantic City, October 16-20, 1939. National Safety Council. (National Safety Council, Inc., 20 North Wacker Drive, Chicago, Ill., 1939, pp. 147.) In this report of the National Safety Congress is an article, "Fire Safety in the Home," by Alfred Fleming, which discusses the various features of the house which are most likely to cause fire. It says that more than half of the fires in dwellings arise in basements. Most homes are constructed without benefit of fire-stopping of walls and partitions, and no care has been taken for the escape of dangerous gases from the basement to the upper section of the house through stairways, dumbwaiters, and other openings which lead to the main section of the building. It recommends that the construction of the basement be one complete unit, not only with fire-stopping in walls but with a good metal-lath and cement-plaster ceiling; with tight-fitting doors on all clothes chutes, ventilating and air-conditioning systems; and with proper protection for the stairway leading to the main section of the home. It says that a fire detector should be placed so that any increase of temperature will sound an alarm whenever the heat rises high enough. Attics are the next places where fires start, generally emanating from faulty chimneys. The use of flammable liquids in the home is next mentioned.





Clothing and  
Textiles

FASHIONS SINCE THEIR DEBUT. Carrie Wilson. (International Textbook Company, Scranton, Pa., 1939, page numbers not given, illus, with 28 black and white plates.) A history of fashion from 2,000 B. C. until the present time. However, the text indicates that people did not really begin what we now understand as fashion consciousness until about 200 years ago. Fashions are depicted by silhouettes.

Clothing and  
Textiles

INTERESTING SOURCES OF NATURAL DYESTUFFS. C. D. Mell. (Textile Colorist. Vol. 61, No. 726, June 1939, pp. 412-416.) This article discusses sources of natural dyestuffs such as the yellow dyes from species of orchids; black, brown, and yellow dyes from the species of spiraea; red and yellow dyes from Daphne mezereum, tans and other dyes from the species of saxifraga, yellow and red dyes from Tropaeolum majus. Most of these plants are grown in European countries, but some of them are grown here in America.

Clothing and  
Textiles

SOME CHARACTERISTICS OF KAPOK FIBERS. Thin cell wall, empty central position and bending ability, buoyancy due to air space not light specific gravity, what boiling test shows. (American Wool and Cotton Reporter, Vol. 54, No. 11, March 14, 1940, pp. 13, 14, and 42.) This article explains how kapok contains from 50 to 65 percent of cellulose, whereas cotton contains about 84 percent. Kapok fibers are tubular in form with a lumen or air cell in the central portion which is sealed at one end. Kapok fibers are somewhat flattened, not perfectly circular. If the fibers are compressed too much, the air is forced out of the little tubes and they will not float; therefore, pillows and life preservers intended to float should not be squeezed too hard when held under water. The article says in closing that our ideas about how much weight ordinarily good kapok can sustain should be revised, for it will sustain a greater weight than is ordinarily stated. But when compressed it will sustain decidedly less than is claimed to be true. If the fiber is boiled it has very little or no buoyancy.

Clothing and  
Textiles

RUBBER IN KNITWEAR. J. B. Lancashire. (Textile Colorist. Vol. 62, No. 733, January 1940, pp. 53 and 54.) This article describes how rubber is used in knitwear and its role in style of garment. A diagram assists in explanation and shows how the rubber is laid in to allow for lateral and lengthwise stretch.



Equipment

WHAT YOU DON'T SEE WHEN YOU BUY FURNITURE. Frank C. Schmitz. (Country Life. Vol. 77, No. 5, March 1940, pp. 44, 45, and 59, illus.) This article discusses the points of construction of good furniture which one usually overlooks or cannot see when selecting a piece of furniture. It describes tongue and groove, splined joint, mortise and tenon joint, modified mortise and tenon; dowels both plain and split, doweled mortise and tenon, dovetails --plain and blind; the use of rabbet, mitered double rabbet, miter and lap corner; let in joints, edging strip and blind edging strips. It explains also the use of any pieces of corner posts and blind screws, etc. It explains where each is best used and the amount of strength that it gives to the furniture in comparison with other joints.

Equipment

MODERN KITCHEN RANGES. Lucile Smith, ed. (The Ohio Farmer. Vol. 185, No. 5, March 9, 1940, pp. 20.) This is a discussion of modern ranges, both oil and electric, for the kitchen.

Equipment

SELECTING CHAIRS FOR COMFORT. The point of view of some well-known decorators. (Arts and Decoration. Vol. 51, No. 5, March 1940, pp. 21-23, and 35, illus.) A discussion of the comfort of chairs and some ideas that well-known decorators have in selecting them not only for appearance but comfort. One reports that her client wanted a chair to suit his legs and height and that this all depends on whether he is a "loller" or a "sit-up-straighter," that heavy women do not like very low chairs because of the difficulty of getting out of them. Other reasons for wanting variation in the length of the seat and its height as well as width are mentioned.

Equipment

INTRODUCTION TO HOUSING FACTS AND PRINCIPLES. Edith E. Wood. Federal Works Agency, U. S. Housing Authority, Washington, D. C. (Superintendent of Documents, Washington, D. C., 1940, pp. XI 161.) This book discusses mainly present-day health requirements for housing, particularly in urban areas, and similar problems influencing housing conditions there. It outlines the fundamental physical needs for housing as: Maintenance of a thermal environment which will avoid undue heat loss from the human body, permit adequate heat loss from the human body, provide reasonably pure air for breathing purposes, adequate daylight illumination, direct sunlight, adequate artificial illumination, protection against excessive noise, provision of adequate space for exercise and for the play of children, adequate privacy for the individual, opportunities for normal family life and normal community life, facilities for the performance of household tasks without undue physical or mental fatigue, and many other points, 30 in all.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

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July 3, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Junior Scientist.

Health INTERNATIONAL VITAL STATISTICS. SUMMARY. U. S. Bur. Census. Vital statistics-special reports. (Vol. 9, No. 36, May 2, 1940, pp. 345-461. Washington, D. C. free.) The statistics included in this summary relate to population, birth, death, marriage, divorce, and a comparison of these in the United States with other countries.

Health PHYSICIANS' HANDBOOK ON BIRTH AND DEATH REGISTRATION. Containing International List of Cause of Death. Prepared under the supervision of Dr. H. L. Dunn, Vital Statistics, Bureau of the Census, U. S. Department of Commerce. (Superintendent of Documents, Washington, D. C., 1939, 94 pp. Price 15 cents.) This bulletin, besides giving statistics on births and deaths and registration, tells how to prepare certificates of birth and death and explains why we register them.

Health DEBUNKING COSMETICS. Cosmetics--those magic beauty makers--seldom do much harm to the skin. Actually their greatest abuse occurs when sales manufacturers attempt to endow their products with properties that do not exist. Howard Fox. (Hygeia. Vol. 18, No. 4, April 1940, pp. 300-302, 361.) Discussing the above subject the author takes up unfair trade practices, the use of misleading names or deceptive containers, and then the Federal Food, Drug, and Cosmetic Act of 1938. He says, however, that damage to the skin from cosmetics is now rather uncommon in view of the enormous volume of beautifying preparations used. However they occasionally do cause damage. Such damage is brought about by hair dyes, creams, powders, rouge, lipstick, and even nail preparations. It is the author's object, he says, to call attention to the reckless claims and misleading statements that have been and are still being made by manufacturers or sellers of cosmetics.



Housing

CERTAIN CHARACTERISTICS OF URBAN HOUSING AND THEIR RELATION TO ILLNESS AND ACCIDENTS: SUMMARY OF FINDINGS OF THE NATIONAL HEALTH SURVEY. Rollo H. Britten, J. E. Brown, and Isidore Altman. (Milbank Memorial Fund Quarterly. Vol. 18, No. 2, April 1940. Published by the Milbank Memorial Fund, 40 Wall Street, New York City. Issued also by United States Public Health Service, Washington, D. C., Public Health Reports, September 15, 1939, Vol. 54, No. 37, Reprint No. 2098.) The title explains the contents of this pamphlet.

Housing

NIPPONESE IMPRESSIONS. Ralph Walker. (The Architectural Forum. Vol. 72, No. 2, February 1940, pp. 95-96.) This author, in describing a trip to Japan with the view to studying architecture and with the idea of finding some lessons which the West might learn, says, among other things, that we have little to learn from the Japanese houses except the appreciation of what not to do with standardization. Standardization seems to be a damper on invention, at least it has worked so in the Japanese house, which is delightful in summer, but must be most uncomfortable in winter. He says also that the Japanese are poor in the world's goods, but mass production will not give them much more. Instead it simply substitutes a tinfoil can for a clay pot which even the poor appreciate as having proportionate form and sensitive decoration. He mentions the fact that regardless of the density of population, each family in Japan seems to have its own house, instead of crowding into buildings of 6, 9, 12, or more stories. He admires the finish on the woodwork, which is due to the fact that the Japanese housewife goes over it with a soft cloth, not to polish, but just to remove surface dirt. This develops a surface color which is extremely beautiful.

Housing

BUILDING MATERIALS AND STRUCTURES. Performance test of floor coverings for use in low-cost housing: Part 2. Percy A. Sigler and Elmer A. Koerner, National Bureau of Standards, U. S. Department of Commerce. (Sold by United States Government Printing Office, Washington, D. C., Report BMS43, 1940, pp. II-20, price 10 cents.) This bulletin discusses tests made on different types of floors and floor coverings. The closing comment says that, in the selection and installation of a floor covering, it is advisable to follow the recommendations of a responsible manufacturer or installer. Consideration should be given to the evenness of the subfloor, its cleanliness and rigidity, exposure to which the installation will be subjected, such as moisture, concentrated loads, and traffic. Durability in relation to cost, and ease or cost of removal and replacement should also be given thought.





General HOME ECONOMISTS IN PUBLIC SERVICE. Helen W. Atwater. (National Magazine of Home Economics Student Clubs. Vol. 4, No. 4, April 1940, pp. 7.) A partial copy of a paper read before the Institute of Women's Professional Relations last winter. It discusses work in public service for women who have had home economics training.

General HOW MANY COLORS CAN WE DISTINGUISH? (Medical Record. Vol. 151, No. 7, April 3, 1940, pp. 232.) This article discusses the number of colors the human eye can distinguish. It says that it can see differences among 2 million colors and shades, and speaks with regret of the fact that we have no vocabulary to indicate these variations. It says that some limitations on our color knowledge are due not to limits on color sense or physiological conditions of the eye and brain, but to lack of practice and observation.

General UNITED STATES GOVERNMENT MANUAL. An authoritative reference book designed to inform every citizen on the organization and functions of Federal departments and agencies. (Superintendent of Documents, Government Printing Office, Washington, D. C., new edition, October 1939. Price annually \$2 (paper binding) or \$3.50 (cloth binding) includes the three editions: October, February, and July. Single copies may be purchased for 75 cents and \$1.25 respectively.) This publication gives factual information regarding the Federal Government, its organization and functions.

General ACTIVITIES OF SELECTED FEDERAL AGENCIES. 1933-1939. Assembled in response to numerous requests for historical and statistical data relating to the activities of the principal new and emergency agencies. Prepared by the Office of Government Reports. (Office of Government Reports, Washington, D. C., 1939 edition, Report No. 7, pp. IV 124, mimeographed. free.) The title explains the nature of this publication.

General DIGEST OF THE PURPOSES OF FEDERAL AGENCIES. Prepared by the United States Information Service, Office of Government Reports. (U. S. Government Printing Office, Washington, D. C., 1940, revised December 1, 1939, pp. II 50. free.) A condensed circular pointing out the main purposes of each of the Federal agencies.

General INFORMATION HAND BOOK. Prepared by the Office of Government Reports. (United States Information Service, Washington, D. C., January 1940, Report No. 6, pp. II 44, Processed. free.) This circular was prepared in response to numerous inquiries for statistical and other data relating directly or indirectly to the activities of Federal agencies. It gives, for instance, the amount of the gross public debt, and the kinds of debt offsetting, treasury assets of different types, changes in the public debt since March 3, 1933, State funds for various purposes, and the like.



The Child                    THE MENTAL HEALTH OF THE CHILD. S. Bernard Wortis.  
(Hygeia. Vol. 18, No. 3, March 1940, pp. 274-276.)

The author discusses ways and means of preserving or insuring the mental health of the child, which he says is a combination of physical health and a happy home. He advocates giving the opportunity for self-dependence, which is learned only from experience and says that an environment that is padded to prevent "vibration" is just as harmful as a home full of heated arguments.

The Child                    A STUDY OF TWO HUNDRED AND FORTY BREAST-FED AND ARTIFICIALLY FED INFANTS IN THE ST. LOUIS AREA. Edith C. Robinson. (American Journal of Diseases of Children. Vol. 59, No. 4, April 1940, pp. 816-827.) A study of 240 breast-fed and artificially fed infants. They were divided into eight feeding groups in which vitamin B was supplied from five different sources. The majority of these students were studied for at least a year. Evidence of rickets was found in 33 percent of the cases. In 24.8 percent of these, there were moderate or marked rickets; in 8.2 percent there were only slight rickets. Breast-fed infants receiving five drops of viosterol in oil daily were protected against rickets. The same dose was not sufficient to give protection against rickets in infants fed non-irradiated milk. Irradiated milk containing 135 and 200 U. S. P. units of vitamin B to the quart did not protect against rickets. In most cases the rickets healed spontaneously without increase of vitamin D during the summer months.

The Child                    DOES YOUR CHILD WORK? Rose Zeligs. (Hygeia. Vol. 18, No. 4, April 1940, pp. 308-311.) This article discusses the question, "Do children worry?" and then "What they worry about." Girls worry much more than boys. Perhaps the boys can "take it better" or maybe we have taught them that boys need to be braver while girls need to be protected. The author then asks, "Is it desirable for girls to be timid and worry about one thing or another, or is it not?" There follows a page which may be used in giving a test on worries.

The Child                    THE MANAGEMENT OF DEFECTS OF SPEECH IN CHILDREN. E. B. McCready. (Medical Record. Vol. 151, No. 9, May 1, 1940, pp. 299-303.) The defects of speech found in children are: Delay in the acquisition of speech beyond the normal age, speech which is wholly or partly unintelligible, difficulties in articulation of certain sounds, and stammering and stuttering. It then discusses these various difficulties. Delayed speech, it says, is sometimes due to deafness, which is not always easily detected in children.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

AUG 1

No. 426

July 10, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Clothing and Textiles      THE OAK COLORS. A. E. Karr. (Textile Colorist. Vol. 61, No. 731, November 1939, pp. 736-378.) A continuation of an article mentioned recently on colors from plant sources. This particular article discusses colors made from the oak.

Clothing and Textiles      FANCY YARNS. Alternative Fibres to Wool. Synopsis of a lecture given by Charles Horner. (The Wool Record and Textile World. Vol. 57, No. 1610, March 21, 1940, pp. 7-9.) This article discusses yarns made from synthetic and many other fibers mixed with wool. It says, among other things, that it really does not matter whether a yarn contains wool, cotton, rayon, rabbit hair, etc., so long as the effect is nice and the yarn will sell.

Clothing and Textiles      SOME NEW TEXTILE FIBERS. Stronger rayon filaments, tire fabrics and belting, staple fiber and spun rayon, yarns from casein, synthetic resin yarns, spinning of glass into fibers. (American Wool and Cotton Reporter. Vol. 54, No. 18, May 2, 1940, pp. 20, 24.) The reproduction of an address made before the American Association of Textile Technologists. The new fibers described are those mentioned above. The use and characteristics of each of these yarns are discussed.

Clothing and Textiles      DYEING OF ARTIFICIAL FIBERS. Suggestions for dyeing rayon-cut fiber, warp yarn, and piece goods—acetate problems, fastness, cross-dye effects—dyeing spun rayon—rayon printing. Ernest Meili. (American Wool and Cotton Reporter. Vol. 54, No. 17, April 25, 1940, pp. 9-10, 42-43.) This article, designed for the commercial dyer, says, in part, that the fading of acetate stuffs, commonly known as store fading and acid fading, which is particularly bad in green, blue, and gray materials, has been solved. We know definitely now that the fading is due to burnt-gas fumes. It is, therefore, essential that all rooms in which dyed acetate goods are stored be kept free from combustion gases.



INTELLIGENCE IN A CHANGING UNIVERSE. Lewis M. Terman.  
Personal (School and Society. Vol. 51, No. 1320, April 13,  
1940, pp. 465-470.) A discussion of recent studies  
relating to the significance of intelligence quotient tests. It says,  
among other things, that there is nothing new about the idea that food,  
sleep, rest, and self-expression are important in the development of  
the intelligence of the child as well as that he should be given the  
experiences of success and be preserved from feelings of discouragement  
and insecurity. The author does not wholly agree with results of some  
of these studies regarding the nature and consistency of the I. Q.

PREVIOUS CONJUGAL CONDITION. James H. S. Bossard.  
Personal (Social Forces. Vol. 18, No. 2, December 1939, pp.  
243-247.) This article takes up such questions as:  
What is the extent of the problem of remarriage? To what extent are  
marriages first marriages? What is the relative importance of the  
problem of remarriage? Whom do persons marry when they remarry? How  
do the conjugal classes differ in age distribution? Does the extent  
of remarriage vary from one nationality and race to another? How soon  
do divorced persons remarry? In answer to some of these questions the  
author says the extent of remarriage does vary from one nationality  
and race to another and that divorced persons either marry very soon  
or are less likely to remarry. It also gives other data on this subject.

WHAT IS A NEUROSIS? Karen Horney. (American Journal  
Personal of Sociology. Vol. 45, No. 3, November 1939, pp.  
426-432.) This article discusses particularly  
neurosis which affects the character trends of a particular individual  
in such a way that it interferes with his happiness. In other words, it  
defines deviations from the normal which hinder a man from coping with  
difficult situations as well as he might, and which center about basic  
anxiety toward life in general.

MYSELF. A Guidebook for Personality Study. M'Ledge  
Personal Moffett. (Prentice-Hall, Inc., New York, 1939, pp.  
vi 136.) This is more of a notebook outline than a  
text. It is designed to aid in making a survey or inventory of one's  
personality. Some chapter headings deal with concepts of personality,  
background elements of personality, physical elements of personality,  
mental elements of personality, spiritual and emotional elements of  
personality, and factors for disintegration in normal personality.







OBSERVATIONS ON SCREEN PRINTING. "Technicus."  
Handicraft (Textile Colorist. Vol. 61, No. 731, November 1939,  
pp. 739-742, 780.) An article on screen printing which  
tells how to prepare the screen and table for printing, and the colors.  
It also explains some screen-printing faults and the steaming of the  
screen to remove dye which has stopped up the meshes in the screen.

POTPOURRI. Helen Noyes Webster. (Home Acres Edition,  
Handicraft Garden Digest, part 2, May 1940, pp. 8-12.) This  
article contains general directions for making  
potpourri in great variety. It lists many flowers, leaves, and buds  
which may be used in this, also spices.

MODERN FURNITURE MAKING AND DESIGN. Rodney Hooper.  
Handicraft (The Manual Arts Press, Peoria, Ill., 1939, pp. viii  
160.) The preface of this book says its purpose is  
to show a variety of treatment for design and construction of domestic  
furniture and woodwork. It is intended for architects, designers, and  
draftsmen, as well as students in technical schools and training colleges.  
It is illustrated with diagrams showing the details of construction of  
various parts of the furniture. The furniture included is that for  
living rooms, dining rooms, bedrooms and gardens.

OBSERVATIONS ON SCREEN PRINTING. Steaming Screen  
Handicraft Prints. "Technicus." (Textile Colorist. Vol. 62,  
No. 733, January 1940, pp. 46-48.) An article on  
screen printing gives some hints for using this method on various types  
of fabrics.

IT'S IN YOUR HANDS. Boris Blai. The American Youth  
Handicraft Forum. (The American Magazine. Vol. 129, No. 1,  
January 1940, pp. 51-52, 103-104.) An announcement  
of a competition for youth relating to handicrafts. In the announcement  
the author presents some of his beliefs regarding handicrafts. He  
believes wholeheartedly that young men and women should start creating  
with their hands before their hands have grown awkward and difficult to  
use. He says he thinks sometimes that 75 percent of our American  
citizens are candidates for psychopathic wards because they have  
neglected their hands so long. Every creator feels the identical sense  
of self-completion and satisfaction in his work, whether it is a kitchen  
chair or a gothic cathedral. The importance lies in what you put into  
your work of yourself--not what the world thinks of the result. He goes  
on to say that it is actually dangerous to neglect your hands. Tests  
by neurologists show that mental ability increases as the ability to  
use the hands increases; and, vice versa.



Food and Nutrition THE CANNED FOODS COOK BOOK. Virginia Porter and Esther Latzke. (Doubleday, Doran & Co., Inc., New York, 1939, pp. x 343.) This book states the advantages of using canned foods and their nutritive value, how to buy and store canned food, and gives recipes.

Food and Nutrition THE PRODUCTION OF A MECHANICALLY DAMAGED STARCH IN MILLING AS A GOVERNING FACTOR IN THE DIASTATIC ACTIVITY OF FLOUR. C. R. Jones. (Cereal Chemistry. Vol. 17, No. 2, March 1940, pp. 133-169.) This article is the result of a study on how mechanical damage to starch grains in milling governs the diastatic activity of flour. The conclusions reached were that differences in diastatic activity between flours from different types of wheat are not necessarily due to differences in amylase content or in starch "susceptibility." They may be at least partly attributable to differences in the physical hardness of the endosperm as affecting the extent of the damage to the starch during milling.

Food and Nutrition RECENT INVESTIGATIONS OF GOAT'S MILK. A. K. Besley. (American Journal of Public Health. Vol. 30, No. 2, February 1940, pp. 182-185.) The summary of this article says that milk from Saanen and Toggenburg breeds of goats is not unlike that from Holstein cows in general composition and nutritive value. The average curd tension of this milk was within the upper limits of soft curd milk, and somewhat softer than that from the milk of Holstein cows. The volume of fat globules varies. The milk from the goats proved exceptionally low in bacterial numbers.

Food and Nutrition THE IMPORTANCE OF ECONOMICAL MILK IN HUMAN NUTRITION. Marietta Eichelberger. (American Journal of Public Health. Vol. 30, No. 2, February 1930, pp. 169-174.) A report based in part on figures of the National Resources Committee on the value and extended use of milk, particularly evaporated and dried milk.

Food and Nutrition NEWER MEDICAL METHODS OF APPRAISAL OF NUTRITIONAL STATUS. William Schmidt. (American Journal of Public Health. Vol. 30, No. 2, February 1940, pp. 165-168.) It says, for instance, that in the appraisal of vitamin C under nutrition, the latent state will escape attention completely if we rely only on clinical judgment of indices of nutrition. Both chemical and physiological tests offer the possibility of simple and direct specific appraisal of this condition.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 427

July 17, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Personal VOCATIONS FOR GIRLS. Mary R. Lingenfelter and Harry D. Kitson. (Harcourt, Brace & Co., New York, pp. X+358.) The contents of this book include:

Choosing an occupation and what to do after that, and it then takes up various occupations in which women are in the majority such as nursing, home economics, teaching, library work, cosmetology, household employment, office work, secretarial work, and dental hygiene; then those in which they have to compete with men, such as advertising, selling, retail store work, personnel work in business and industry, writing, journalism, publishing and the arts, and a number of others; and those in which men are generally given preference, such as medicine, dentistry, the ministry, science, engineering, and high finance. It also discusses the lady boss, homemaking, and part-time work, hobbies, and stay-at-home workers.

Personal HOW TO INCREASE YOUR BRAIN POWER. Donald A. Laird. (Thomas Y. Crowell Co., New York, 1939, pp. 238, illus.) This book contains chapters on: Brain

power can be increased, the seven cylinders of your mental motor, how to double memory by the four R's, how to increase your verbal fluency, how to speed up your perceptions, how to add to your visualizing ability, how to get facility in handling numbers, how to improve your reasoning, how to get ideas by mental induction, hunches and inspirations, secrets of relaxing, and food and blood for brains. The author says that the seven vital factors in developing your brain power are: Increase your number facility, word fluency, visualizing ability, memory, perceptual speed, induction, and verbal reasoning.

Personal IF YOU'RE NOT GOING TO COLLEGE. Alta Lee. (National Magazine of Home Economics Student Clubs. Vol. 4, No. 4, April 1940, pp. 5, 16.) This arti-

cle discusses ways and means by which the girl who does not go to college may make the best out of her opportunities and resources to attain a satisfactory living. The means are: To be of service to others, to be sociable, and to be well informed, and to be employable. It elaborates on each of these topics.



The Child                    OVERSTUFFED BABIES. A pediatrician warns against overfeeding. The roly-poly, fat-cheeked babies are not always as hearty as they look. J. Sanford Kruglick. (Parents' Magazine. Vol. 15, No. 2, February 1940, pp. 28, 86-87.) A discussion of the diet of the child and the danger of trying to force food on him when he does not need it.

The Child                    LIVE AND LEARN. Child psychology for parents. Basil A. Fletcher. (The Ryerson Press, Toronto, 1938, pp. 61.) Contents of this book include: Child study; group organization; developing confidence, helpfulness, honesty, truthfulness, thoroughness in the child; and the problems of rewards and punishments, fear, cruelty, stubbornness, and jealousy.

The Child                    NOW THAT I AM A MOTHER. You will be cheered by these admissions of a well-known child psychologist, who is now trying to practice what she preached. Rachel S. Ball. (Parents' Magazine. Vol. 15, No. 2, February 1940, pp. 18-19, 73-75.) This article by a child psychologist tells of her change of point-of-view in relation to child development after she became a mother. She says among other things that she used to think that attitudes of children toward food were copied largely from other members of the family and that food dislikes were acquired from poorly prepared food. She then points out some of the other factors which she says are involved with such difficulties. She also discusses other forms of training besides that relating to food, and says that she sees how much time and energy parents waste in trying to teach children to walk, talk, feed themselves, and control their bodily functions a few months earlier than they would normally, for the development of these functions is more symptomatic of the stage of growth than of the permanent personality.

The Child                    EXTREME SOCIAL ISOLATION OF A CHILD. Kingsley Davis. (The American Journal of Sociology. Vol. 45, No. 4, January 1940, pp. 554-565.) A report of the case of a girl of about 5 years of age who was discovered after having been isolated in a room in her home apparently since babyhood. It describes her development after discovery, which description helps in understanding the importance of social contacts for the child during its early years of life, as this child was known to have been of normal intelligence at the time of birth. It says, in part, "The comparative facts seem to indicate that the stages of socialization are to some extent necessarily related to the stages of organic development." If types of socialization are not acquired when the organism is plastic, they will not be acquired and the later stages will never be achieved. One of the capacities of the child that was handicapped most was her communicative abilities. This seems to indicate that the system of communicating symbols is a highly complex business acquired early in life as the result of long and intimate training. It seems essential that a child have an intimate primary group relationship during infancy.





Food and Nutrition THE SOCIAL WORKER LOOKS AT THE NUTRITION PROGRAM. Arlien Johnson. (Journal of the American Dietetic Association. Vol. 16, No. 4, April 1940, pp. 300-305.) Discusses how the nutritionist and a nutrition program fit into the relief situation and other types of social work.

Food and Nutrition JELLIES, JAMS, PRESERVES. (Consumers' Digest. Vol. 7, No. 4, April 1940, pp. 21-26.) An article adapted from a report by the Office of Food Commissioner and Chemist, State Laboratories Department, Bismarck, N. Dak., which discusses the proper labeling and the content of jellies, jams, and preserves.

Food and Nutrition WHERE THERE IS SMOKE. Mary Grosvenor Ellsworth. (House Beautiful. Vol. 82, No. 4, April 1, 1940, pp. 53, 75-77.) This article discusses types of smoked foods that have been prepared in many countries, and some new applications of smoke. Among these foods are hams as prepared, by the Spanish, Italians, and other nationalities; smoked fowl such as chicken, goose, and the like. Recipes are included.

Food and Nutrition TAKING THE GUESSWORK OUT OF PASTEURIZING. C. S. Pederson and E. A. Beavens. (Food Industries. Vol. 12, No. 4, April 1940, pp. 61-63.) In this article, which discusses temperatures for pasteurizing fruit juices, the author says that temperature in this instance is a function of time and that the pasteurization of the food depends on the two extremes of time and temperature which may be used, that is, a low temperature for a relatively long period, or a high temperature for a relatively short period, such as a minute or less. It reports experiments which show how the plate count of bacteria is affected by different temperatures in the process of pasteurization for given lengths of time.

Food and Nutrition EFFECTS OF STORAGE ON VITAMIN A CONTENT OF CANNED TOMATOES. Pearl P. Swanson, Gladys Stevenson, and P. Mabel Nelson. (Journal of Home Economics. Vol. 32, No. 4, April 1940, pp. 246-251.) Regarding the effect of storage on vitamin A content of canned tomatoes, the author says that the vitamin A is not destroyed by the canning process, but seems richer in the vitamin A content than did fresh tomatoes of the same variety. Neither is the vitamin A content impaired by long periods of storage. The experiment offers assurance to the homemaker that she can depend for a long time on canned tomatoes for the vitamin A equivalent to the value in fresh ones or those opened immediately after canning. One serving contains about 740 international units of vitamin A or approximately the amount furnished by one and one-half pats of high-grade butter.



Clothing and  
Textiles

WHAT EVERY WOMAN WANTS IN SHOES. What every woman wants is a well-rounded shoe wardrobe, which means owning at least five types--walking, comfort, afternoon, shopping, and party. It means having a heel height for every occasion, a color for every costume, a style for every stage of formality, and last, but not least, every pair so comfortable that you never know they're on. (Good Housekeeping. Vol. 110, No. 3, March 1940, pp. 61-62, and 65.) The author reports having snooped around in her friends' closets to learn something about the shoes that they wear and those they cast aside. This article reports her findings: She said that she found good reasons for the bad buys that were found in shoe closets, but the good reasons were not necessarily right reasons. Some women said they did not own a pair of shoes that they could call completely comfortable, even though they had 6 or 10 pairs. She puts the blame upon the women for lack of ability to make proper selection because the finest-fitting shoes ever made are now on the market.

Clothing and  
Textiles

MENDING ON THE SEWING MACHINE. Mrs. H. A. C. (The Rural New-Yorker. Vol. 99, No. 5472, March 9, 1940, pp. 179.) This article tells how to mend clothing, using the sewing machine. This includes darning as well as patching.

Clothing and  
Textiles

A NEW APPROACH TO THE TEACHING OF DRESS DESIGN. Pauline W. Fuller. (Journal of Home Economics. Vol. 32, No. 4, April 1940, pp. 227-230.) The author says that one should be very cautious in discussing types of personality in determining what a person is like and what will become her because, in discussing types, one often produces feelings of resentment and antagonism. In teaching this subject, allowance should be made for the individual's needs without the restricting influence of types or the often painful process of comparison with famous people or classmates who represent these types.

Clothing and  
Textiles

WOOL SUPPLIES IN AMERICA. War requirements and the use of substitutes. A correspondent. (The Wool Record and Textile World. Vol. 57, No. 1603, February 1, 1930, pp. 171-172.) This article from a European correspondent points out the fact that there is danger of America's producing a greater amount of artificial fibers if not enough wool is sent there. He says that, so far, America has not been seriously inconvenienced through any shortages of supplies, but there is evidence that raw-material stocks are being depleted more rapidly than usual. Much depletion has been caused by rapid increase in consumption throughout the past year to a point higher than in any other year on record.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

AUG 2 - 1940

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July 24, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,



Edith L. Allen,  
Asst. Home Economist.

Housing MORE DOLLARS AND SENSE IN HOME PLANNING. Kenneth Edmunds. Part Two. (Better Homes & Gardens. Vol. 18, No. 10, June 1940, pp. 22-23.) This article explains with diagrams the number and location of doors and windows for various rooms, and additions and points to consider about the exterior structure of the house. One section treats of garages and advocates that they be protected against fire with a cement plaster ceiling and self-closing metal-clad doors into the house.

Housing DOLLARS AND SENSE IN HOME PLANNING. Kenneth Edmunds. (Better Homes & Gardens. Vol. 18, No. 8, April 1940, pp. 28-29.) With diagrams and floor plans this article discusses the shape and size of lots for homes, the shape and size of the house, the number, size, and shape of rooms, and the sequence from one to the other.

Housing LOW-COST HOUSING IN RURAL AREAS. Deane G. Carter. (Agricultural Engineering. Vol. 21, No. 5, May 1940, pp. 189-191.) This article takes up the question of quality of housing in rural areas, farm income and the cost of housing, opportunities for reducing costs, and how cash outlays may be reduced by contributions of farm labor and materials. It says that data indicate that in the total number of houses surveyed 35 percent were unpainted frame, 41.5 percent were without clothes closets, 80 percent did not have electricity in the home, 85 percent were over 10 years old, 85.5 percent were without bathrooms, 91.4 percent were without central heating systems, and 95.5 percent did not have septic-tank sewage disposal.

Housing HOME INFORMATION--Air Conditioning Part 2, How air in houses is conditioned by modern equipment. (Better Homes in America La Fayette, Ind. Vol. 2, No. 26, February 1937, pp. 23, illus.) This little booklet, which is one of a monthly series of publications, explains how air in houses is conditioned by heating, cooling, humidification, dehumidification, and air movement. It describes unit equipment, a central fan system, the split system, and discusses the system best adapted to varying conditions. This series of publications contains similar information on many other phases of home equipment and construction.



IMPROVED COMMUNITY KITCHENS. Ella Cushman. (Capper's Farmer. Vol. 51, No. 3, March 1940, pp. 43 and 48.) With illustrations and text this article gives suggestions for planning a convenient community kitchen where people may be served either in family or buffet style or as in a cafeteria.

LIGHT FOR THE LAZY. Grace Stanley. (Better Homes & Gardens. Vol. 18, No. 7, March 1940, pp. 54 and 79.) This article advocates better lighting for the home for greater pleasure in reading, sewing, and other interests. However, many people, it points out, are too lazy to cross the room to where the lighting is good, and, therefore, make harder work of such tasks as darning stockings. It discusses placement of lamps in rooms to get proper illumination.

FURNITURE. As interpreted by the Century Furniture Company. Equipment (Century Furniture Company, Grand Rapids, Mich. 1937, pp. 168, illus.) The eighth printing of a book which is intended to interpret furniture designs. It says that today, better pieces of furniture may be reproduced of earlier masterpieces than the originals or built by intelligent modern adaptations of certain historic styles. Because of the historic significance embodied in pieces of furniture, the study of furniture is of interest to the layman and makes the ownership of good furniture gratifying to the home builder. It does not matter whether the present popularity of period furniture grew out of a cultural revolt against the furnishings of the past century, or developed from small beginnings by a few of the better makers, aided by the enlightened taste of the more sophisticated buyers. The book also discusses various motives in and ornaments on furniture.

A MODERN GOLDBLOCKS FINDS A "JUST-RIGHT" BED. Elizabeth Gilrain. Equipment (Better Homes & Gardens. Vol. 18, No. 8, April 1940, pp. 20-21, 94-95.) This article discusses the points to look for in the selection of a good bed. It begins with the choice of a mattress and takes up springs and the bedstead.

WHO CARES ABOUT THE WEATHER?--When we can always be comfortable at home, hot or cold? Louise M. Comstock. (Better Homes & Gardens. Vol. 18, No. 9, May 1940, pp. 22-23, 114-115, and 126.) This article deals with the subject of heating and cooling homes. The diagrams show the arrangement for year-round air conditioning, including dust and pollen air filters. Among other things advocated is an attic fan to aid in cooling.





THE WISCONSIN STUDY OF TEACHING ABILITY. A. S. Barr. (Journal of Educational Research. Vol. 33, No. 9, May 1940, pp. 671-684.)  
Education      A report of a study on how to evaluate the teaching ability of persons on a sounder basis. One of the conclusions reached is that much depends on the personality of the teacher herself. It concludes by saying that teaching is or should be a very human undertaking. But a person with emotional stability, well-adjusted socially, who has energy, vitality, and enthusiasm, good personal appearance and habits, richness of experience and background will usually have more effectiveness than one lacking these qualities. Skill in expression, and ability to work with others successfully all assist in her effectiveness. It says, regarding measures of teaching efficiency, that those available appear to be inadequate.

HOME EDUCATION. Ellen C. Lombard. (School Life. Vol. 25, No. 9, June 1940, pp. 275 and 278.)  
Education      This article discusses parent education including ideas held for centuries regarding education of children in the home, individual differences, cushioning of children - by which the author seems to mean making life easy for them; and other problems of child development. It says at the close that "good and wise men" of ancient and modern times, such as Seneca, Moscherosch, Plutarch, and John Locke, have left behind them priceless treasures of wisdom and advice on the duties of parents and teachers, home education, and especially on education as a means of virtue and good citizenship.

A SURVEY OF FILMS ON AGRICULTURAL SUBJECTS. (Monthly Bulletin of Agricultural Science and Practice. Year 31, No. 1, January 1940, pp. 1 T-11 T.)  
Education      A report of a survey made by the International Institute of Agriculture regarding the production of films. It says that for teaching and publicity on agricultural matters, the cinema is undoubtedly a magnificent interpreter of nature and science, but that it should be carefully handled for this purpose. It says regarding the presentation of subject matter to peasants by the way of film that the peasant possessed sound good sense and a well-developed, critical instinct, so that a false note or an inaccuracy in even the best film is detected, and that only a clear and exact utilitarian demonstration has any chance of convincing him. Therefore, great stress should be laid on the importance of care in the production of films on agricultural subjects. It advocates preparing films so that they may be used both as sound and silent, the silent ones being preferred whenever a person can make comments during the production. Colored films are advocated.



HOW QUICK FREEZING AFFECTS KEEPING QUALITY OF MILK AND CREAM.  
Food and C. L. Roadhouse and J. L. Henderson. (Food Industries.  
Nutrition Vol. 12, No. 6, June 1940, pp. 54-55.) This article explains  
the effect of quick freezing on the keeping quality of milk  
and cream. It points out its advantages and says that the quick freezing  
method of preserving milk is not regarded as a substitute for evaporated  
or dried milk, as each has its place as a food commodity. Quick freezing  
is for use where the storage period need not be too long, and where it is  
desired to have a product more nearly approaching the fresh product than  
is possible with either evaporated or dried milks. Six weeks was suggested  
as the length of time for storage in which the product was considered a  
satisfactory substitute for the fresh product.

HOW TO PREVENT BROWNING OF PEACHES IN THE FREEZING INDUSTRY.  
Food and J. G. Woodroof. (Food Industries. Vol. 12, No. 6, June 1940,  
Nutrition pp. 50-52, Part II.) This article explains the effects of  
metals and salts and of heating on browning of peaches. It  
also explains, based on the results of experiments, that fertilizers have  
significant effects on the browning of certain varieties of peaches. There  
is a difference in the tendencies of various varieties to turn brown.

MEAT PACKER PUTS FRUIT ENZYME TO WORK. Uses proteolytic  
Food and enzyme in pineapple juice to improve eating qualities of  
Nutrition frankfurters and pork sausages. J. M. Ramsbottom and C. A.  
Rinehart. (Food Industries. Vol. 12, No. 6, June 1940, pp.  
45-47.) This article tells how a meat packer is using the proteolytic  
enzyme in pineapple juice to treat the casing in which sausages and other  
meats are stuffed in order to make them more tender.

THE USES OF SOFT WINTER WHEAT FLOURS. George Garnatz. (The  
Food and Northwestern Miller and American Baker. Vol. 17, No. 6, June  
Nutrition 5, 1940, pp. 18-21.) The author takes up the use of soft winter  
wheat flours in cake making and says in this connection that  
successful cake flours have been made using the soft red winter wheats  
produced in the various States and the soft white winter wheat available,  
either by themselves or blended. Regarding hot-bread flours, he says that  
the opinion is held that flours produced from soft-textured wheats give the  
best results because they require less bleaching, use less shortening, and  
produce more tender biscuits. He says better pie flours should be milled  
from soft and chalky types of wheat containing not to exceed 9.5 percent  
protein, so the flours themselves will run between 7 percent and 9 percent  
protein.





United States Department of Agriculture  
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Edith L. Allen,  
Assistant Home Economist.

Management      ECONOMICS FOR CONSUMERS. Leland J. Gordon.  
(American Book Co., New York, N. Y., 1939, pp. x -  
638.) This book treats of economics from the con-  
sumer point of view and is intended as a textbook. The parts of the  
book are: Do consumers control production, Restrictions on consumer  
control; Forces back of consumer demand; Making consumer control effect-  
ive; A technology of consumption. There are chapters on the role of  
consumers in economic life, custom-made wants, fashion-made wants,  
imitative wants, producer-made wants, price-appeal consumer education,  
and the buying of various commodities.

Management      THE CONSUMER MOVEMENT. An organizational survey.  
Consumers National Federation. (Consumers National  
Federation, 110 Morningside Drive, New York City,  
1940, pp. 41, revised edition.) This mimeographed publication explains  
what is being done by numerous women's organizations and other associa-  
tions in the field of consumer buying.

Management      THE CONSUMER MARCHES ON. Ephraim Freedman.  
(American Dyestuff Reporter. Vol. 29, No. 2,  
January 22, 1940, pp. P32-P37.) This article tells  
about what such organizations as the General Federation of Women's Clubs,  
The American Association of University Women, and the National League of  
Women Voters and others have done in the field of consumer education.  
The discussion that follows the article takes up many widely advertised  
processes such as rain repellents, and mothproofing of textiles. Among  
other things, he says that the term "proof" in connection with moth-  
proofing should be discarded. The writer has yet to find woollen  
material that will completely withstand moth ravages. No matter how  
good the mothproofing agent is, we must concede that larvae ingest a  
little of the fiber before so affected that they will no longer feed.  
That is why the term "proof" does not belong. Similar objections were  
made to terms used in connection with textiles.



FAMILY LIFE IN A RURAL COMMUNITY. Frank D. Alexander. (Social Forces. Vol. 18, No. 3, March 1940, pp. 392-405.) A report of a study of a rural community in McNairy County, Tenn., which tells of the culture and economic conditions of the community. This community had a large majority of tenants with a fairly large number of owners of small farms and there were very few Negroes. Cotton was the common type of agriculture. The report states the economic function of the children and the hours of work. It says that the characteristics of the patriarchal family have persisted in the families. There was little practice of birth control, and courtship and marriage were very simple among these people. There was very little illegitimacy. Over one-fourth of the parents want their children to complete high school and almost one-fourth set some college training as a goal. Many parents had no very definite educational goals for their children. As the present seems very real to the parents in this group the goal of achievement for the day was more important than that for any long time in the future. The girls were taught household tasks and the boys how to farm. The report also discusses the religious, recreational, protective, and affectional functions of the home.

CARE OF THE AGED--a family problem. William A. Cornoll. (Social Forces. Vol. 18, No. 3, March 1940, pp. 403-405.) A report of a perusal of the contents of 10 standard American textbooks on the "family" in which an almost complete disregard for the consideration of the problems of the care and status of the aged in contemporary American culture is considered. There is a tendency to shift the responsibility for the care of the aged to other institutions than that of the family. It says, in closing, that the "ways and means of caring for the aged under modern conditions are in need of objectives delineation and clarification."

THE SOCIAL WORKER AND THE TREATMENT OF MARITAL DISCORD PROBLEMS. Charlotte Towle. (The Social Service Review. Vol. 14, No. 2, June 1940, pp. 211-223.) This article points out the probability that when once discord has occurred in a family the problem of adjustment involves more than merely removing the outward evidence of irritation. For many discords arise from certain personality problems of the individual which have nothing to do with such matters as poverty or similar experiences. Therefore, social workers must face the fact of how little they know and how little skill they actually have in consciously controlling and using family relationships to therapeutic ends. When the marital relationship has been definitely damaged through hostilities enacted during a period of stress and strain, we need to face the fact that this relationship, like "Humpty Dumpty," may not be "put together again."





Food and Nutri-  
tion

HIGHLIGHTS OF THE 7TH ANNUAL MEETING, AMERICAN INSTITUTE OF NUTRITION. (Nutrition, Vol. 3, No. 3, May-June 1940, pp. 1 and 3.) In this report the new vitamins are reported on and their newly determined names given. They include fat-soluble vitamin K, "Koagulations." In the vitamin B complex is the so-called pantothenic acid. This new vitamin has been isolated in the crystalline lactone form. The new name given to vitamin B is "Pyridoxine."

Food and Nutri-  
tion

DIET IN PREGNANCY AND LACTATION. Carl R. Wegner. (Journal of the American Dietetic Association. Vol. 16, No. 6, June-July 1940, pp. 541-549.) This article advocates more intelligent attention to proper nutrition during pregnancy and lactation in the belief that it would be rewarded by a lowering of the stillbirth and premature-birth rates, a decrease in maternal and postnatal infant mortality, an increase in the average health of full-time babies, and an increase in the mothers' general health and ability to breast-feed their children successfully.

Food and Nutri-  
tion

CANNING SOFT RIPE FREESTONE PEACHES. H. H. Mottern and A. M. Neubert. (The Fruit Products Journal. Vol. 19, No. 10, June 1940, pp. 293-296.) This article gives instructions for canning soft, ripe freestone peaches. It describes the maturity they should reach, and gives instructions for peeling and preparation. The author objects to the method of subjecting the peaches to lye or other alkali to remove skins. He says the most desirable peeling process is to halve the peach with a sharp knife and steam it to remove the skin. He says that a preference has been found for a lighter sirup because it does not mask the peach flavor. Sirup containing 30 percent sucrose and 20 percent dextrose has been used with satisfactory results.

Food and Nutri-  
tion

HOW FLOUR SIFTING AFFECTS THE PHYSICAL CHARACTERISTICS OF CAKE. Charles A. Glabau. (Bakers Weekly. Vol. 106, No. 5, May 4, 1940, pp. 53, 54, and 64.) A report on how flour sifting affects the physical characteristics of cake. Among other things, the author says that in recent years it has been found that it is much better to heat the sugar if the sponge-cake foam is to be heated at all. This is an improvement over the older practice of putting hot water into sponge cake batter. In closing, it says that putting a flour paste through a fine sieve lowers the value of the cake. The separation of the flour into flakes may be one of the factors responsible for the difference in cake volume. It is likely that other factors play some role in this.



Health

SAVE THEIR EYES AT HOME--AT SCHOOL. Gladys Denny Shultz. (Better Homes & Gardens. Vol. 18, No. 8, April 1940, pp. 42, 90, and 91.) This article explains the use of a light meter and how it may help in getting better lighting into homes and schools. It says, in closing, that the light source should be not more than 3 feet away from any desk, should shine upon it and not in the eyes of the worker.

Health

NOISE AND NERVES. Rose Zeligs. (Hygeia. Vol. 18, No. 5, May 1940, pp. 392-395.) This article points out the fact that noise is becoming an even greater menace to the physical and mental health of children and adults. Medical research has shown that actual and often permanent harm results from exposure to noises. Studies show that noise results in neurosis, loss of sleep, excessive fatigue, and emotional disturbances in addition to impairing hearing. Even if we become unconscious of noise it still has its harmful effect, leaving its mark on our health and efficiency. Noise can be reduced by the use of sound-absorbent material in walls, ceilings, or floors, soft-soled shoes, straw, felt or rubber mats, special chairs and platforms mounted on springs, furniture and other articles of sound-absorbent materials.

Health

ENURESIS. A study of causes, types, and therapeutic results. Lloyd Stockwell and Clinton K. Smith. (American Journal of Diseases of Children. Vol. 59, No. 5, May 1940, pp. 1013-1033.) A report of a study of 100 children in an enuresis clinic. It contains information concerned with the psychosomatic significance and the types of this trouble. It gives known facts about bladder function, therapeutic methods, and results as reported in recent literature. Results of examinations are classified on the basis of causative factors and the results of treatment. It reports one study of 259 patients from under 5 to 15 years of age in which organic disease was found in 50 percent. Under urologic or surgical treatment 25 percent were cured and 50 percent improved. It says in the summary that enuresis is of three types: Organic, 13 percent; neuromyogenic, 37 percent; and psychogenic, 50 percent. It advises diagnosis before instituting therapy.

Health

THE TREATMENT OF HABITUAL ABORTION WITH VITAMIN E. (The Journal of the American Medical Association. Vol. 114, No. 22, June 1, 1940, pp. 2214-2218.) This article reviews the literature and results of experiments in the treatment of habitual abortion with vitamin E. The conclusion reached is that claims that this vitamin found in wheat-germ oil is of value in the treatment of menstrual disorders, failure of lactation, and other ailments cannot be accepted because of lack of sufficient clinical evidence.





United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 430

August 7, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

**Social** SCIENCE AND CULTURE. Lawrence K. Frank. (Scientific Monthly. Vol. 50, No. 6, June 1940, pp. 490-497.) In this discussion of science and culture the author says that from the beginning man has faced certain persistent tasks of life: 1. To work out ways and means in relation to nature in order to gain sustenance, find security, and achieve survival. 2. To organize a group life among his own kind so that they can divide labor among them, for the struggle with nature makes group living both necessary and possible. 3. To fit himself into such a group life that is distinct from mere biological functioning. Then he points out that the different groups have solved these problems in different ways and built up different organizations in their groups.

**Social** WHEN BOY MEETS GIRL. James Lee Ellenwood. (Parents' Magazine. Vol. 15, No. 3, March 1940, pp. 18-19, 53-58.) This article gives suggestions for entertaining boys and girls who have reached the adolescent stage. It also has much to say about ways to handle the chaperon problem without making it at all obvious.

**Social** STUDIES OF OLD AGE. (Nature. Vol. 144, No. 3659, December 16, 1939, pp. 995-996.) This article is a review of the book "Problems of Ageing. Biological and Medical Aspects." Edited by E. V. Cowdry. (A publication of the Josiah Macy, Jr., Foundation, pp. xxx 758, Tindall and Cox, London, 1939.) The article says the book reviews the literature on the subject of aging and is comprised of contributions from a large number of authorities. It dwells particularly on chemical aspects of growth, and makes reference to experiments which have shown that the life span may be altered by diet; it also observes that attempting to improve rapidity of growth, may not be good for longevity.



Management                    PUTTING THE SPOTLIGHT ON POULTRY COST CONTROL. G. L. Wenzel and Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 4, April 1940, pp. 39-41, 74, 76, illus.) This article discusses methods used in selecting and buying foods for restaurants. It takes up the different classes of poultry and grades. Illustrations show fowls of different quality and methods of packing them. A table gives minimum and maximum weights for birds of different grades such as broiler, fryer, and roaster weights.

Management                    TO MARKET, TO MARKET. Margaret Turner Gamble and Margaret Chandler Porter. (The Bobbs-Merrill Co., New York, 1940, pp. 279.) The authors say in the foreword that this book is not a discussion of the nutritive value of foods. It does not tell what to eat, but how to buy what you eat. It is written by housewives for other housewives. This material has been checked against available information, but the statements are the expression of the authors' opinions. It contains rules for marketing, discussions of packaging and bulk buying, cuts of meat, dairy products, fruits, etc.

Management                    CREDIT PROBLEMS OF FAMILIES. A study of credit as a phase of family financial planning, suggestions to homemaking teachers. (U.S. Office of Education; Vocational Division Bulletin No. 206, Home Economics Series No. 23. Superintendent of Documents, Government Printing Office, Washington, D. C., 1940, price 20 cents. pp. vii 99.) A handbook intended for use in studying family financial planning and for the use of homemaking teachers. Main chapter headings are: General considerations, Credit for everyday use, and Long-term uses of credit.

Management                    CONTRASTS IN CLEANLINESS. Dr. Georgia Leffingwell. (The Southern Planter, 101st year, No. 6, June 1940, pp. 22-23.) In this article the author contrasts cleanliness in laundering of clothing between 1840 and 1940. Pictures show the development of modern equipment from a very primitive beginning. Regarding the bathtub it says that a washbasin was part of the bedroom furniture 100 years ago and that a separate bedroom with a tub was hardly heard of, while today there are more than 1 million bathtubs in homes. It also speaks of the improvement in lighting facilities as an aid in keeping the home clean, also the improvement in types of kettles and pots for lightening the work of cleaning in the kitchen. It closes by saying that life in America has been made more clean and healthy and worth living because of greater cleanliness. The past 100 years have shown that one of the most certain ways to achieve a pleasant, harmonious existence is to keep the body clean, to cover it with clean clothes, and to let it live and work in clean surroundings.





Food and Nutrition      FOOD VALUES AT A GLANCE, and How To Plan a Healthy Diet. Violet G. Plimmer. (Longmans, Green and Co., New York, 1939, pp. 190, 41 tables and charts, of which 27 are in color.) A British book with chapters on malnutrition, diet, and the importance of various food substances, such as minerals, proteins, and vitamins. It contains a large number of tables, graphically showing the composition of various foods.

Food and Nutrition      THE FACTS ABOUT "ARTIFICIALLY." Norwood C. Thornton, Boyce Thompson Institute of Plant Research, Yonkers, N. Y. (Food Industries. Vol. 12, No. 7, July 1940, pp. 48.) This is part 1 of a discussion of the ripening of oranges and other citrus fruits, such as bananas, and tomatoes, with the aid of ethylene gas. It explains the physiology and chemistry of this process. Part 2 will appear in a later issue.

Food and Nutrition      COMPOSITION OF SOME COMMON FOODS WITH RESPECT TO THE CARBOHYDRATE CONTENT. Thorne M. Carpenter. (The Journal of Nutrition. Vol. 19, No. 5, May 10, 1940, pp. 415-422.) A report of a study of changes in carbohydrate combustion of common foods ingested by man. The method of conducting the experiment is described and the results are given in a table. Twenty kinds of food including rice, macaroni, white bread, raw and cooked vegetables, nuts, dates, and figs were analyzed in reference to their content of reducing sugars, hydrolyzable sugars, starch, and cellulose. The results obtained were compared with previous analyses of similar foods by other investigators.

Food and Nutrition      HOMEMAKING FOR BOYS. Essie L. Elliott. (Forecast. Vol. 56, No. 6, June 1940, pp. 298-300, 332, 338, and 340.) This describes a homemaking class for boys in which it says today there are close to 2,000 boys enrolled in home economics classes in 27 high schools of Los Angeles, and that in 1938 it was estimated there were 3,645 boys in the State of California studying homemaking.

Food and Nutrition      FEEDING THE FAMILY. Mary Swartz Rose. (The MacMillan Co., New York, 1940, pp. xv + 421, fourth edition, illus. and tables.) The fourth edition, entirely rewritten. In it increased emphasis is given to daily use of food sources rich in vitamins A and D. More is said about allergy as a dietary problem, and more detailed information is given about the nutritive value of individual foods. Chapter headings: The significance of food, Care of the digestive mechanism, The cost of food, The making of menus, Food for the adult man, Food for the adult woman, Food for the baby, Food for the 2-year-old child, Food for children 3 and 4 years old, Food for children 5 to 7 years old, Food for children 8 to 12 years old, Food in adolescence and youth, Food after 40, Food for the family group, and Food for the sick and convalescent.



Clothing and Textiles MISLEADING NYLON COMPARISONS SEEN. (Women's Wear Daily. Vol. 61, No. 4, July 4, 1940, pp. 23.) A short item pointing out the fact that some misleading comparisons have been made between Nylon and silk hosiery, and that mechanical tests are not altogether comparable to wearing tests - the individual factor enters into this problem too greatly.

Clothing and Textiles IS A "PLASTIC AGE" ON THE WAY? Edward Atkins. (Women's Wear Daily. Vol. 60, No. 122, June 21, 1940, pp. 9.) This article discusses plastic shoes which are being sponsored by a New York retail firm. These plastics seem to be used mainly at present to substitute for shark-skin tips on children's shoes and other parts that get hard wear.

Clothing and Textiles DERMATITIS FROM ELASTI-GLASS GARTERS AND WRIST WATCH STRAPS. Erwin P. Zeisler. (The Journal of the American Medical Association. Vol. 114, No. 26, June 29, 1940, pp. 2540-2542, illus.) This article, with illustrations, showing the effects, discusses dermatitis caused by wearing elasti-glass garters and wrist-watch straps. The author says that the recent development of scientific compounds which are being used in the garment industry is bringing up a problem that we have not yet had time to understand adequately, for some of these new fibers are having injurious effects on the skin due to contact with it. Not only is this true of the elasti-glass fibers, but also of some of the new flexible ester-type resin fabrics which large companies are putting out under various trade names. Among these are some of the derivatives from vinyl that are known to have caused some skin trouble.

Clothing and Textiles NYLON--A NEW TEXTILE FIBRE. (Textile Recorder. Vol. 57, No. 685, April 1940, pp. 28-29.) This article discusses the new textile fiber, nylon, and explains its different types and forms, and says that by interpolymerization of these chemicals, thousands of nylons are possible. Also the most interesting physical property of nylon is that it can be cold drawn to a definite limit of from four to seven times its original length, depending on the kind of polyamide of which it is composed. After this, if it is submitted to further tension it will display true elasticity.

Clothing and Textiles FUNDAMENTALS AND THEORY OF BEAUTY CULTURE. Emma K. Jamer. (Milady Publishing Corporation, New York, 1938, pp. 318.) This book is the outgrowth of a series of lectures given by the author to the students of the Manhattan Trade School for Girls on the proper care of the skin, hair, and nails. The contents include; The manicure, Shampoos and rinses, Scalp treatments, Eyebrow arching, Facial massage, Hair cutting, Finger waving, Water waving, Curling, Marcel waving, Hair tinting and bleaching, Permanent waving, Manufacture of hair goods, Shop management and related topics.







United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

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August 14, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

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Assistant Home Economist.

Management WE LEFT THE FARM--AND LOST A HOME. A farm woman.  
(American Agriculturist. Vol. 137, No. 8, April 13, 1940, pp. 24-25.) This article was written by a woman who, with her husband, left the farm and sold it to buy a home in the city. She contrasts the life of a person with limited income on the farm to that of one, with limited income, in the city, and tells why she feels that in going to the city she actually lost a home.

Management FAMILY ADJUSTMENT TO CHANGES IN INCOME. Socio-economic research abstract series, Home Economics Education Service. (U. S. Office of Education, Vocational Division, Miscellaneous 2230, Washington, D. C., 1940, pp. v 27, processed.) The contents of this bulletin includes in part: Significance of research on family reactions to economic change for teachers of home economics, and Facts and conclusions from the source reports on the effects of the depression on nonrelief families, relief families, and the like; readjustments in activities and expenditures; family relationships; principles used to which an increase of income would be put; and attitudes developed.



Management                      CONSUMER RESPONSIBILITIES. Joseph Gaer. (Journal of Home Economics. Vol. 32, No. 6, June 1940, pp. 360-365.) This article discusses such problems in buying and selling as the bargain hunter, "loss leaders," returned goods, "bait on the hook," charge accounts, free delivery, and other services. It includes a shopper's creed formulated by the General Federation of Women's Clubs. It says in closing, "If there is one difficulty above all others responsible for the consumer problem, it is the consumer's general lack of knowledge. He doesn't know his relation to producers, what his rights are, how to buy most effectively, where to turn for advice and protection, nor his social responsibilities to other consumers and producers and dealers."

Housing                      THE CASH SURPLUS IN PUBLIC HOUSING. Milton J. Goell. (Dynamic America. Vol. 10, No. 2, March 1940, pp. 14-16.) Another article on the subject of public housing versus individually owned housing.

Housing                      BUILDING DECAYS AND THEIR CONTROL IN THE SOUTH. Arthur F. Verrall. (Pests. Vol. 8, No. 3, March 1940, pp. 15-17.) The author says, among other things, that properly air-seasoned or kiln-dried wood containing less than 20 per cent moisture will not decay. However, if dry wood is exposed to rain or placed in contact with the ground or with moist concrete, or is under conditions of high humidity it may absorb enough moisture to become again susceptible to decay. The control of building decays centers on two factors: (1) Keeping the wood dry at all times and (2) using woods resistant to decay or treated with a suitable wood preservative. The author then elaborates on the prevention of building-decay.

Housing                      HEALTHFUL HOUSING. Basic principles of healthful housing. Second edition. Committee on the Hygiene of Housing, American Public Health Association. (American Public Health Association, New York, 1939, pp. 32.) This bulletin takes up the fundamental physiological needs of housing and protection against contagion and accidents in homes.

Housing                      AVERAGE HOUSE CONSTRUCTION QUANTITIES. (The Architectural Forum. Vol. 71, No. 6, December 1939, pp. 481.) A series of tables with explanatory introductions which tell how many board feet of sheathing, framing, or how many units of cement or other building material are required to construct houses with different cubic-foot volume from 6,000 to 24,000 and more.





Housing WE'RE SICK AND TIRED OF HEARING ABOUT THE "GOOD OLDE DAYS." You Can Take the Quaint Atmosphere. Jennett Spencer Letts. (The American Home. Vol. 23, No. 6, May 1940, pp. 18-21, 98-102, 108-109.) In this article the author tells why she considers modern-day homes superior to those built in what people sometimes call the "good olde days." The article is illustrated with pictures of house exteriors and interiors built between 1770 and the present time.

Housing BUILDING MATERIALS AND STRUCTURES. REPORT BMS 40. National Bureau of Standards, U. S. Department of Commerce. Structural properties of a wall construction of "Knap Concrete Wall Units" sponsored by Knap America, Inc., Herbert L. Whittimore, et al. (United States Government Printing Office, Washington, D. C. Report BMS 40, 1940, pp. II - 14, price 10 cents.) This report takes up a type of concrete wall unit. Diagrams show the construction.

Food and Nutrition VITAMINS--THEIR RESPECTIVE SOURCES, THEIR PHYSIOLOGICAL VALUES. Dr. C. A. Elvehjem. (Bakers Weekly. Vol. 105, No. 12, pp. 71-73, and 76.) This article takes up each of the various vitamins in turn, giving its technical name, some sources, and physiological effect. The author says that vitamins should be obtained from natural foods if possible; any attempt to increase the vitamin B<sub>1</sub> content of should be welcomed and "there is no fundamental objection to the addition of synthetic vitamins to food materials."

Food and Nutrition SPECIFICATIONS PROTECT VALUES IN VEGETABLE BUYING. G. L. Wenzel and Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 5, May 1940, pp. 38-40 and 96.) This article includes a page of illustrations depicting specifications required for fresh vegetables and furnished by the United States Department of Agriculture. The authors say that if the buyer insists on legitimate weights and specifies the quality and variety of vegetables wanted, he will be surprised to find how close all price quotations will be. Two tables give specifications, price range, and hints for buying snap beans and spinach.



Food and Nutrition  
VITAMIN SUMMARY. Reproduced by permission of the Quaker Oats Co. (The Northwestern Miller and American Baker. Vol. 17, No. 5, May 1, 1940, pp. 72.) The vitamins included are: A, pro-vitamin A, thiamin, riboflavin, nicotine acid, vitamin C, vitamin D, vitamin E, vitamin K, vitamin B<sub>6</sub>. The best known functions for each are given along with the probable daily need.

Food and Nutrition  
FRESH, FROZEN AND DRIED EGGS AND EGG PRODUCTS (THEIR USES IN BAKING AND FOR OTHER PURPOSES.) J. A. LeClerc and L. E. Bailey. (Cereal Chemistry. Vol. 17, No. 3, May 1940, pp. 279-312.) A comparison of the baking qualities and other uses of fresh, frozen, and dried eggs and egg products, made in a study of the literature on this subject and compiled by the Bureau of Agricultural Chemistry and Engineering of the United States Department of Agriculture. The various processes used in freezing, drying, and preserving eggs in liquid form are discussed. Also pointed out are the great improvements made in recent years in methods of drying as compared with those used long ago by the Chinese. This improvement in methods is said to have been made not only in the United States but also in China. Directions are given for thawing or defrosting frozen eggs.

Equipment  
BIBLE OF CLASSICISM. In four pages, the influence on today's decoration of Asher Benjamin's "Builder's Companion." (House & Garden. Vol. 77, No. 6, Sect. 1, June 1940, pp. 46-49.) This article contains reproductions of illustrations in the American Builder's Companion which appeared in Boston in 1811. It shows some of the motifs used in designing furniture which are used today in manufacturing furniture, wall decorations, fabrics, and other articles.

Equipment  
COORDINATING PLASTICS WITH LIGHTING. Maurice H. Bigelow. (Interior Design and Decoration, February 1940, p. 52. Abstracted by the I. E. S. Committee on Residence Lighting from Illuminating Engineering. Vol. 35, No. 3, March 1940, pp. 280-283.) This abstract says that the article on which it is based describes several forms of plastics available to designers which may be roughly divided into thermosetting resins, thermoplastic resins, cost resins, and laminated resins. It discusses the individual advantages, lighting characteristics, color qualities, and chief applications of each. It explains how color may be used in adjusting the degree of diffusion of light by opacifying the plastic with pigments and in producing warmth of color in the home.





Equipment

BUYING FURNITURE IS A PROBLEM. II. Construction of Allwood Furniture. (Consumers' Digest. Vol. 7, No. 3, March 1940, pp. 30-34.) The second of a series of articles on buying furniture concerned with the construction of all-wood furniture. It is to be continued next month.

Equipment

MAKE TRELLIS THAT SUITS YOUR SETTING. Ordinary hammer-and-saw variety of trellis offers the handyman an easy way to improve his property and shut off the ugly view of the garage next door. Emil C. Fischer. (The Home Craftsman. Vol. 9, No. 5, May-June, 1940, pp. 16-17.) This article with five illustrations gives directions for making trellises of different types for the home. Some of these trellises are intended to mark difference between lots, to form arches and gates, or to provide a means for vines to climb.

Equipment

DOMESTIC WATER HEATERS. (Consumers' Research Bulletin. Vol. 6 (new series), No. 8, April 1940, pp. 16-20.) The second part of the discussion of domestic hot-water heaters, which deals with the more general aspects of the subject, such as the amounts of hot water required for various types of families, as well as the subject of pipe connections and storage tanks. The article which appeared a month ago dealt with indirect, coal-fired, oil-fired, and gas-fired heaters, and included many brand listings. Diagrams show the construction of the tanks discussed in this issue.

Equipment

OUTDOOR FIREPLACES. How to construct them. Recipes planned for them. (House Beautiful. Vol. 82, No. 7, June 1940, pp. 38-39, 83-85.) With diagrams and text this article gives directions for building pretentious outdoor fireplaces.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

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August 21, 1940.

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Sincerely,

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Assistant Home Economist.

*The Child*      NUTRITIONAL STATUS OF SCHOOL CHILDREN IN A SMALL INDUSTRIAL CITY. Stella L. Zayaz, Pauline Berry Mack, Phyllis K. Sprague, and Arthur W. Bauman. (Child Development, Vol. 11, No. 1, March 1940, pp. 1-25.) In this study of the nutritional status of children in small industrial cities, the author describes the method of procedure and closes with a lengthy report of the results of this study. Nine tests for nutritional status were applied, and the percentage distribution of the children with respect to the occupation and income of their parents was compared with that of the community as a whole. There seemed to be a sharp drop in the nutritional status of the children with decreasing income. The per-capita quantity of milk and meat consumed by children in the lower income groups was less than half the quantity consumed by children in the two upper groups. Egg consumption by the lower income group fell off about 65 percent, consumption of citrus fruit by about one-third; other fruits did not show so much of a drop. The consumption of green and yellow vegetables fell sharply and of tomatoes slightly. Bread and potatoes were consumed in somewhat larger quantities by children in the lower income group.

*The Child*      A FAIR START FOR THE CHILD. George D. Stoddard. (National Parent-Teacher, Vol 34, No. 8, April 1940, pp. 9-12.) This article says that since medical science is able now to guarantee children to most parents who want them, the first contribution of any good home to child personality is to bring a few children into the world. It then tells the needs of the child before birth and during the first 10 years. It mentions some ways in which school and home life should be improved--one being that the competitive spirit in home, school, and business must be radically reduced. Everywhere it produces fears, hatred, and anxiety. We must also develop and control emotions rather than eliminate them for they enrich our lives and the lives of all children.





STUDIES IN THE HEATING OF SMALL HOUSES. W. H. Purnell.  
Equipment (U. S. Tennessee Valley Authority, Department of Regional  
Planning Studies, Community Planning Division, Knoxville,  
Tenn., June 22, 1939, 55 pp., illustrated with 10 plates. Price 50 cents.)  
This booklet tells how the Tennessee Valley Authority cooperated with other  
agencies in this study of heating small houses, and then explains the methods  
of heating which were experimented with in houses of different sizes. In-  
cluded was heating by means of circulation of warm air mainly; and a report  
of a study of warm- air distribution and fuel consumption. Various models  
of heating equipment were studied. Electric heat was compared with that  
from other sources. One of the conclusions reached was that thermostatically  
controlled, electrically heated houses showed a greater number of satis-  
factory comfort conditions than houses heated by wood or coal circulating  
heaters, all uninsulated. Another conclusion reached was that the sensitive  
element of a thermostatic control needs to be very well protected from the  
influence of local radiation in order to function uniformly in mild and  
severe winter weather.

WHEN IT'S 90° IN THE SHADE--Take to Screens and Attic  
Equipment Fans. (The American Home, Vol. 24, No. 1, June 1940,  
p. 35.) This article advocates the use of attic fans  
in a suction chamber to pull fresh air through the house and expel stale  
air out the window.

STORAGE FACILITIES FOR PERSONAL BELONGINGS IN THE HOME  
Equipment MANAGEMENT HOUSE. Maud Wilson and Rheta Morrison.  
(Journal of Home Economics, Vol. 32, No. 5, May 1940,  
pp. 321-329.) Though this article relates to the storage facilities for  
personal belongings in a home-management house, it will be of interest to  
homemakers everywhere. For instance, the amount of space required for  
various-size wardrobes and for specific articles is given. Diagrams show  
plans for several houses. Some tables show the dimensions of garments and  
accessories as arranged for storage, and inside lengths of dresser drawers  
used for storing garments and accessories for 50 individual students.

I. E. S. ISSUES RECOMMENDED PRACTICE FOR ILLUMINATION  
Equipment PERFORMANCE OF RESIDENTIAL CEILING LUMINAIRES. (Lighting-  
Lamps, Vol. 37, No. 4, April 1940, pp. 24-25.) This  
article from the Illuminating Engineering Society sets forth, briefly, recom-  
mended practices for the illumination performance of residential ceiling  
luminaires. It also gives general instruction and describes types of  
luminaires and illumination requirements.

PLEATS AND HOW TO MAKE THEM. Practical Decorator.  
Equipment (House Beautiful, Vol. 82, No. 4, April 1, 1940, p. 52.)  
This article with seven diagrams shows how to make  
this number of different kinds of pleats for draperies.



Handicraft                    ONE EVENING PROJECTS. Forty Selected Small Projects for the Home Workshop. Edited by H. J. Hobbs. (The Home Craftsman, 63 Park Row, New York, 1936, 46 pp., illus.) This paper-backed book explains with illustrations and diagrams how to make one of various handicraft articles in an evening. Included are articles such as a supper tray of metal and wood, a wooden salad server, a bottle opener, easy-to-make corner shelf, dining-room plate rack, cigarette box, sewing kit, book ends, mirror and shelf, wooden frame, and a sewing bag.

Handicraft                    PLASTER CASTING MADE EASY. Leland A. Benz and Lawrence F. Simmering. (Industrial Arts and Vocational Education, Vo. 29, No. 6, June 1940, pp. 250-252.) This article tells how to use rubber forms in making plaster casts. Illustrations show the steps to follow. A small brush and a basin are the tools required; quick-setting molding plaster and liquid live rubber, the materials.

Marketing and                SENDING CAKES TO COLLEGE. Mrs. Horman D. Smith. (Bakers Weekly, Vol. 195, No. 9, March 2, 1940, pp. 45-46.) This article tells how a woman built up a cake business through mail orders. One of her outlets was among college students and faculty members. Some of the secrets of preparing and delivering the cakes also are told. The secret of packing, says the author, seems to be in allowing no space for the cake to move in the container. Prices per pound are quoted as follows: 30 cents for layer cakes; pound cakes, 32 cents; and fruit cakes, 65 cents. The purchaser pays extra postage on mail orders. A richer cake than the usual bakery product is baked. The cake-baking enterprise was begun in her home, but has now grown into a commercial business which requires the aid of six regular helpers and additional ones at certain seasons.

Handicraft                    WORKING WITH TOOLS. Harry J. Hobbs. (New York Leisure League of America, New York, 1935, 95 pp.) The contents of this book are: Fun in a workshop, Making room for the workshop, Tools you need, Use and care of tools, What to make, How to identify popular woods, How to finish wood. Instructions include diagrams of tools and their use as well as of the articles to be made and suggestions for designs.

Handicraft                    LEATHERCRAFT--TOOLING AND MODELING. Pedro J. Lemos. (School Arts Magazine, Worcester, Mass. 1934, pp. (unnumbered), illus.) These instruction sheets have been assembled in book form and give brief instructions on modeling and tooling of leather. Plates show methods of work and designs for use in making such articles as magazine and book holders, mats, binder covers, book supports, coin purses, and stationery holders.





Social                      FAMILY EXPERIENCE AND THE DEVELOPMENT OF PERSONALITY.  
Mark L. Entorf. (Journal of Home Economics, Vol. 32,  
No. 6, June 1940, pp. 357-359.) An address presented  
at the National Education Association meeting in February 1940. It says,  
in part, that only the teacher who feels willing and competent in dealing  
with family relationships should teach this phase of the work. If a teacher's  
approach is colored by defensiveness, confusion, or reliance upon authority,  
what she says verbally will be of little help to her students.

Social                      PROFESSIONAL MIGRATORY FARM LABOR HOUSEHOLDS. Carl F.  
Reuss. (Sociology and Social Research, Vol. 24, No. 4,  
March-April 1940, pp. 337-344.) Reprot of a study made  
by the Experiment Station at the State College of Washington. It says,  
among other things, that the gravest problem is ~~that of the effect of~~ con-  
stant mobility upon the individual who must follow a professional migratory  
life. The study covered mobility and cash income of migratory farm labor  
households. The cash income ~~on an~~ average for the whole group is \$254 a  
year; the median income, \$197. The highest income reported was \$659. The  
number of miles traveled on an average was 1,226. It was found that heads  
of migratory labor households had fairly high educational attainment. In-  
creased milage traveled from job to job really decreased the net family  
income in many cases although these families earned a larger gross income  
on the average. Poverty seemed to be the greatest problem for migratory  
farm labor, whose greatest need was some sort of economic security for  
slack harvest months and for old age. There was also need for some accurate  
method for directing the family to work opportunities and for placing it  
in jobs when it arrives in the area.

Social                      A HISTORY OF AMERICAN LIFE, Vol. III. Provincial  
Society, 1690-1763. James Truslow Adams. (The MacMillan  
Co., New York, 1938, xvii 374 pp.) Contents of this  
book: The structure of society, 1690-1700; The economic basis, 1690-1713;  
The aristocrats, 1690-1713; The common man, 1690-1713; The intellectual  
outlook, 1690-1713; The life of the spirit, 1690-1713; New blood, 1713-1745;  
The changing South, 1713-1745; The commercialization of the North, 1713-1745;  
The growth of a colonial culture, 1713-1745; The mid-century, 1745-1763;  
Critical essay on authorities. A description of life from 1690 to 1763 in  
the American colonies.

Social                      EARLY HISTORY OF AGRICULTURAL ECONOMICS. Henry C. Taylor.  
(Journal of Farm Economics, Proceedings Number, Vol. 22,  
No. 1, February 1940, pp. 84-97.) A history of the  
beginnings of agricultural economics which includes some farm-home management.  
The author has been very active in the field of agricultural economics.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

SEP 7 - 1940

No. 433

August 28, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Personal      LIFE PLANNING AND BUILDING. Harry Newton Clarke. Edited by Jessie B. Adams. (International Textbook Co., Scranton, Pa., 1940, pp. xi    251.) This book is intended for students in high school and college. It takes up such questions as purpose and choice of work, inventory of personal interests and traits, making the most of school days, finding a job, making adjustments, and intelligent use of time and money.

Personal      HOW TO TRAIN SUPERVISORS. Manual and outlines for determinate discussion. R. O. Beckman. (Harper & Bros., Publishers, New York, 1940, pp. xii    305.) This book gives much attention to discussion methods in training groups of workers.

Personal      SOME OF THEM HAVE FUN. Lucile Allard. (Childhood Education. Vol. 16, No. 9, May 1940, pp. 396-400.) An article discussing the individual who never has any fun and the effect of this on personality. It says that lack of interest in a wide number of activities results in a dull personality which makes a poor teacher.

Personal      CULTIVATING THE CARDINAL VIRTUES TODAY. Sidonie Matsner Gruenberg. (Child Study, Vol. 17, No. 3, Spring 1940, pp. 77-79, 99.) A reprint from "We, the Parents" by the author, published by Harpers, 1939. It discusses what are the cardinal virtues of today, and special problems such as lying and stealing.

Personal      POISED AND PROUD. Dorothy McKenzie, Mary P. Becker, and Gudren Olson. (Capper's Farmer. Vol. 51, No. 7, July 1940, 22 pp.) With illustrations and text this article discusses posture.





Social                    BREAKING A BOTTLENECK. John H. Crider. (Survey Graphic. Vol. 29, No. 2, February 1940, pp. 71-74.) This author discusses what has been found out about labor restraints, rackets, and high costs of building materials. Court rulings regarding cases in which some of these problems arose are reported.

Social                    PROBLEMS OF FARM YOUTH - A POINT OF VIEW. Paul H. Landis. (Social Forces. Vol. 18, No. 4, May 1940, pp. 502-513.) This article discusses the approach to farm youth problems and problems brought about by creating independent youth groups. Farm youth as a culturally marginal group are also discussed. By marginal is meant the bridging of an old culture and a new culture. The article says that there has been a clash between the modern pleasure philosophy of the urban community and the semi-puritanic, work-duty philosophy of the farm community, and that farm youth who have had contact with urban life have acquired a desire for superficial values of urban culture. This makes them appear, to their elders on the farm, to be rebellious, frivolous, reckless, worldly, and ungodly.

Social                    AN ANALYTICAL APPROACH TO THE THEORY OF SOCIAL STRATIFICATION. Talcott Parsons. (The American Journal of Sociology. Vol. 45, No. 6, May 1940, pp. 841-862.) This paper is an attempt to present an approach to the theory of social stratification. By social stratification is meant the differential ranking of the human individuals who compose the social system, and their treatment as relatively superior or inferior." These individuals are judged by the following classification scheme: (1) Membership in a kinship unit, (2) personal qualities, (3) achievements, (4) possessions, (5) authority, and (6) power. This article points out the fact that it is indefiniteness which makes possible the functioning of an individualistic social system. For instance, one in the legal profession is judged almost entirely by his earnings, while one in the teaching profession or in the ministry is judged by other factors, for instance, the fame which he has attained, or his writings. So long as the members of this group are able to maintain a respectable standard of living, to entertain their friends, to dress their families adequately, and to educate their children, the fact that they cannot afford the luxuries of a \$100,000 income is a matter of relative indifference. Such people as these do not compete on the plane of "conspicuous consumption" as do those in legal and some other professions. Also discussed are ties of independent children to their parents and their brothers and sisters, which, the paper states, are greatly weakened by the degree of social stratification which they have attained.



ARCHITECTURE THROUGH THE AGES. Talbot F. Hamlin.  
Housing (G. P. Putnam's Sons, New York, 1940, pp. XLVII  
680, illus.) A history of world architecture, beginning with the time of primitive man and ending at the present. The author says that architecture is the result of five types of building cultures: Those which developed in the vicinity of the Mediterranean, in central Asia, in central and northern Europe, in eastern Asia, and in Central America and northwestern parts of South America

A GOOD LUMBER HOUSE--HOW TO SPECIFY AND BUILD IT.  
Housing (American Builder and Building Age, Vol. 62, No. 1,  
January 1940, pp. 58-63.) With 12 diagrams this article shows details of good construction for frame houses, such as a means of preventing termite infestation, the use of sheathing to make a sturdy house; cross bridge, flooring, and other details to help to strengthen a building. In the article two systems of framing are covered - the platform method and the balloon method. Each is shown as supported on and solidly fastened to a masonry foundation wall with adequate footings.

HOUSING AND WELFARE. Report of a survey made by the  
Housing United States Housing Authority, in cooperation with the  
Social Security Board, Federal Works Agency. (Federal  
Works Agency - United States Housing Authority, Washington, D. C.,  
May 1940, pp. V 53.) This bulletin outlines the purpose and method of the study of housing in a program of relief and public assistance, and includes recommendations as to what housing authorities can do in such a program; an annotated bibliography of 24 pages; and a list of National, State, and local agencies, public and private, concerned with housing or welfare.

INSULATION NOT ALWAYS WHAT IT SEEMS. Thousands of  
Housing insects may emerge from wrong materials. Harold H.  
Shepard. (Pests. Vol. 8, No. 2, February 1940, pp.  
13-14.) A discussion of the susceptibility of certain insulating materials to attack from insect pests. It says that particularly on farms people have attempted to use such things as oat hulls and other vegetable materials for insulation purposes, and in a short time have found that the material is infested with such insects as the saw-toothed grain beetle, the black carpet beetle, or even clothes moths. The article says that once such an infestation takes place it is almost impossible to fumigate the house thoroughly to rid it of the pests, and it is a considerable job to remove the filling from between the walls. Warning should be given against such practices.





HEALTH AND DEVELOPMENT OF A GROUP OF NURSERY SCHOOL CHILDREN. Jeanette B. McCay, Ethel B. Waring, and Helen D. Bull. (Child Development. Vol. 11, No. 2, June 1940, pp. 127-141.) This study was of 66 children to determine what children of nursery school age do and how they vary from the norms at different times of year and under changing weather conditions. It was also possible in this study to compare the regimens and development of different types of children, such as "good" eaters in contrast to "poor;" overweight children with underweight; and those susceptible to colds, with those resistant. A table sums up the results of this study. The article states that the average child, during repeated 5 minute observations, showed three forms of nervous behavior which were the most common forms exhibited: Bodily, pedal, and manual. It also lists the other types. As for sleeping behavior, the average child of this group will go to his nap at 12:41 o'clock and fall asleep in 20 minutes or less and sleep for 77 minutes. Other factors are described.

Health WORK AND ITS ILLUMINATION, I. C. E. Ferree and G. Rand. (Personnel Journal. Vol 19, No. 2, June 1940, pp. 55-64.) This article discusses the color and composition of light for providing suitable illumination for work. It says, in part, that the best conditions for working are either daylight or artificial light approximating daylight in color and composition and as closely as possible in diffusion. It also discusses the best place for locating the light. In this it emphasizes the fact that visibility should be kept as high as possible, that brightness which gives the idea of glare should be avoided. It then reports some study tests on 550 people, 100 from each 10-year age group from 10 to 60 years, and 50 above 60 years. These tests showed that 70 percent of those tested preferred less than 15 foot-candles for reading 10-point type; and 50 percent, less than 11.3 foot-candles. Forty-eight percent preferred between 7 and 12 foot-candles. A wide variation was shown in preferences of the different age groups. In the very young group, from 10 to 20 years, there was a tendency to prefer more light than might be expected. Also among those above 35 years there was a tendency to prefer more light for reading than below 35 years, and this tendency was especially marked in the group (35 to 50 years) developing presbyopia. It is surprising that a large number of those developing presbyopia preferred a very small amount of light. This may be due to an irritability in the condition of the eye. The article concludes by giving the range of light for comfortable reading for those between 10 and 20 years, below 35, and above 35 years.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*E. Smith*  
1711

No. 434

September 4, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

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Edith L. Allen,  
Assistant Home Economist.

Handicraft      A SIMPLE TANNING METHOD. Ben Hunt and Walter Pelzer.  
(Industrial Arts and Vocational Education. Vol. 29,  
No. 6, June 1940, pp. 252, illus.) Instructions are  
given, step by step, for tanning hides on which the fur is kept intact and  
also in the preparation of buckskin. All the work as outlined is done with  
very simple tools.

Handicraft      AMERICAN FELTCRAFT. Unusual gifts of lamikin felt.  
(American Felt Co., New York, N.Y., 1940, pp. 24,  
price 10 cents.) This booklet suggests patterns for  
making articles from felt such as suspenders and belts, handbags, children's  
hats, pillows, and covers for small boxes.

Handicraft      SEAT WEAVING. L. Day Perry. (The Manual Arts Press,  
Peoria, Ill., 1940, pp. 94.) A new revision of a book  
published in 1928. It gives the seven steps in caning  
chair seats and backs, and explains what to do about irregular areas.  
Instructions are included for rush seating, reed and splint weaving and  
the like.

Handicraft      THE LEATHER CRAFTSMAN. W.E. Snyder. (Graton & Knight  
Co., Worcester, Mass.--Now American Handicraft Co., 193  
William Street, New York, N. Y.--1936, pp. 176.) Contents:  
A brief history of leather, Leathercraft through the ages, The making of  
leather, Craft leathers, Construction and decorating tools, Miscellaneous  
accessories, Steps in making a leatherecraft article, Lacing, Common types  
of decoration, Other methods of decoration, Making and decorating a typical  
article, Braiding and knots, Belts, Moccasins, Cleaning and polishing  
leather, and Organization of a leathercraft class.





Handicraft                      CROSS YOUR STITCHES. Christine Ferry. (Better Homes and Gardens. Vol. 18, No. 9, May 1940, pp. 59 and 60.)  
This brief item is illustrated with a photograph showing the types of materials on which cross-stitch may be readily worked. The fabrics shown are penelope canvas, scrim or railroad canvas, cotton drapery fabric, needlepoint canvas, linen Aida canvas, cotton Aida, monk's cloth, Smyrna canvas.

Food and                      WHAT IS A CALORIE? Kellogg Company. (The Kellogg Co.,  
Nutrition                      Battle Creek, Mich., 1940, No. H.E.-9 2-40, pp. 5.)  
This little circular lists 100-calorie portions of some  
commonly used foods, such as beverages, cereals, meats,  
and vegetables.

Food and                      EARLY COUNSEL FOR THE CANNING SEASON. (The Progressive  
Nutrition                      Farmer and Southern Ruralist. Vol. 55, No. 4, April  
1940, pp. 46.) This article contains some tips to  
follow in canning. It suggests, for instance, grading  
peas or huckleberries by using trays of hardware cloth--1/2-inch wire mesh.  
Other tips are included.

Food and                      SHOULD THE TEENS DIET? Figure control grows important  
Nutrition                      in the teens, but dieting is dangerous unless emphasis  
is laid on the foods necessary for health and growth.  
Lulu G. Graves. (Parents' Magazine. Vol. 15, No. 4,  
April 1940, pp. 62, 74-77.) This article begins by saying that malnutrition  
has been called the great disease of the American school child. It says  
there is no reason why any sensible boy or girl should be undernourished  
or overweight unless he has some glandular or other organic disturbance.  
He should be taught something of the needs for different foods and to eat  
the foods with a relish. Other than this, the child should not diet, but  
he should watch his weight and control it by choosing foods that will  
satisfy an empty feeling by giving bulk to the stomach. Such foods include  
meats without fats, and bulky vegetables. Youth should learn to form good  
eating habits which are only common sense. It is much less painful to  
drink milk, orange or tomato juice, while you are growing than it is to  
submit repeatedly to the services of a dentist throughout the remaining years.

Food and                      QUICK-FROZEN FOODS SHOW LITTLE NUTRITIONAL LOSS. (Hygeia,  
Nutrition                      Vol. 18, No. 5, May 1940, pp. 448-449.) This article  
is a report of a compilation and study of reports on  
vitamin losses in quick-frozen foods and a summary of  
longer reports which have been published on this subject. In general, it  
says that studies have shown little if any loss of vitamin A as a result of  
quick freezing. Vitamin B<sub>1</sub> is not affected by the freezing itself, the  
vitamin C value of quick-frozen vegetables depends on many factors, such  
as variability in the fresh material, botanic variety, soil, climate, age  
and sometimes seed size, methods of blanching, cooling, and holding, before  
freezing. It closes by saying that all investigations indicate the great  
importance of sanitary care of foods before freezing, holding at sufficiently  
low temperature during storage, and cooking promptly after thawing or  
without thawing at all.



Personal HOME BUILDERS OF TOMORROW. Warren D. Bowman. (The Elgin Press, Elgin, Ill., 1938, pp. 123.) This book gives advice to young people who are about to be married. Chapter headings: Forming friendships, The choice of a mate, Courtship, The engagement, and, Entering upon marriage.

Personal HUMAN-RELATIONS MANUAL FOR EXECUTIVES. Carl Heyel. (McGraw-Hill Book Co., Inc., New York, 1939, pp. xvi 253.) Chapter headings: Getting along with people, Developing the working force, Developing first-line supervision, Stimulating best performance, Making work easier, Making work safer, Paying people, Dismissing people, Improving management-employee understanding. In this book much attention is given to human relations between employer and employee.

Personal WILL YOU SUCCEED AS A WIFE? Your success can be measured by your accomplishments in two big roles - as your husband's partner and as an individual. Marian Castle. (Successful Farming and The Dairy Farmer. Vol. 38, No. 6, June 1940, pp. 70-72.) This article says, among other things, your first step toward success in wifehood is to decide what a successful wife is. She is not the lazy demanding woman nor the long-suffering kind who never gets out of her kitchen except to work in the field. It says that ability to be a good cook is still an admirable quality, so is a right point of view along with companionability and cleanliness, which is often the same thing as beauty. It emphasizes the fact that the job of homemaker is more than the job of housekeeper, for there is a spiritual part to homemaking.

Personal THE FAMILY AS THE THRESHOLD OF DEMOCRACY. Arnold Gesell. (Nationa Parent-Teacher. Vol. 34, No. 9, May 1940, pp. 26-28.) This article says that democracy is a way of life which respects the rights and responsibilities of the individual, and it then considers six related subjects, all of which concern the family as the threshold of democracy. These are: Considerateness, wise discipline, law and authority, sense of humor, concept of growth, and housing and health. Wise discipline aims not to strengthen the teacher's authority but the child's self-control and sense of responsibility. It urges that the child be inducted into an appreciation of property rights, personal rights, and civic rights. Also he must acquire self-dependence through self-reliance and choose to obey the laws of social sanction. Regarding health and housing, it says that children develop anxieties and perplexities. They see sights and experience shocks from which more fortunate children are, in decency, spared. Some of the most elementary reserves which lie at the basis of respect for the individual are made impossible in poor homes.





Clothing and  
Textiles

TEXTILE FIBERS, old and new. William H. Cady. (American Dyestuff Reporter. Vol. 29, No. 8, April 15, 1940, pp. P189-P197.) This article reviews the history of the use of textile fibers from antiquity to the present and says that chemistry may now produce fibers out of almost anything. Cellulose is no longer the sole source of synthetic fibers. The author predicts that eventually synthetic fibers will completely replace natural fibers just as synthetic dyes replaced natural dyestuffs.

Clothing and  
Textiles

VINYON--A NEW TEXTILE FIBER. F. Bonnet. (American Dyestuff Reporter. Vol. 29, No. 5, March 4, 1940, pp. P116-P120.) This article, in discussing vinyon, a new textile fiber, says that silk is only a liquick gum which has been dried, and vinyon is an attempt to reproduce a silk with gums and resins. Vinyon is a polyvinyl resin. It is said to be made of coke, water, and air, but it would be better to say, coke, lime, water, and salt. Of course, there are many intricate steps to be taken before the textile yarn emerges. A table shows the filament count and sizes in which vinyon is being made at present.

Clothing and  
Textiles

CHARTS. Textiles Education Bureau. (The Byron G. Moon Co., Inc., 401 Broadway, New York City, N. Y. 6 charts, 1940.) These charts are entitled: I. Balanced Quality Features in Men's and Boys' Clothing. Care and Maintenance of Suits, Shirts, Neckwear, Shoes, Hosiery, Knit Underwear, Hats, and Gloves. II-A. Building Balanced Quality in Men's and Boys' Worsted Suits. II-B. Building Balanced Quality in Men's and Boys' Knit Underwear. II-C. Building Balanced Quality in Fur Felt Hats. II-D. Building Balanced Quality in Medium Weight Worsted Suits. III. Correct Dress Chart. Mimeographed and printed circulars giving additional information accompany each of these charts. All charts are distributed free.

METAL STAINS. From a Correspondent. (The Wool Record and Textile World. Vol. 57, No. 1615, April 25, 1940, pp. 682, 683, and 686.) This article discusses stains produced by aluminum, manganese, lead, copper, iron, nickel, tungsten, chromium, and tin which are all used in the construction of dyeing apparatus and which may cause metal stains. It says, among other things, that tinsel yarns are liable to tarnish if used in wool fabrics or if leather belts with a certain finish are worn. It speaks also of the stains left by watches, coins, and other articles that may be worn. It then goes on to explain some of the methods of bleaching such stains out from materials.



UNITED STATES DEPARTMENT OF AGRICULTURE  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

SEP 24 1940

No. 435

September 11, 1940

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General      AN ECONOMIST LOOKS AT HOME ECONOMICS. Frank B. Ward.  
(Journal of Home Economics. Vol. 32, No. 6, June  
1940, pp. 366-370.) A paper presented before the  
eastern section of the Tennessee Home Economics Association, October  
1939. It discusses the obligation of home economics in true character  
building, but says that this is not the sole duty of the homemaker,  
for various agencies such as the school and church have a part in the  
building of character. But the home must lay proper foundations if  
other agencies are to succeed. It then goes on to discuss economical  
buying for the home and general business management of the home, and  
says, in closing, if the home economics program prepares adequately for  
adequately gainful employment, for the duties of citizenship, for com-  
munity life, the responsibilities of homemaking and the development of  
the individual's ability, culture, and philosophy, it is doing not a  
good job but an excellent one.

General      NOTES ON GRADUATE STUDIES AND RESEARCH IN HOME ECO-  
NOMICS AND HOME ECONOMICS EDUCATION, 1938-39. Com-  
piled under the auspices of the Research Committee  
of the Home Economics Section of the Association of Land Grant Colleges  
and Universities and the Research Department of the American Home Eco-  
nomics Association. (Office of Experiment Stations, U. S. Department  
of Agriculture, Washington, D. C., 1939, pp. v 219, mimeographed.)  
The fourth annual compilation of abstracts of graduate studies and re-  
search in home economics and home economics education. It lists stud-  
ies being made. Subjects are: Food and nutrition, Textiles and cloth-  
ing, The house: its equipment and management, Family economics, In-  
stitutional management, Child development and family relationships,  
and Home economics education. The report also indicates whether the  
study was completed or was in progress at the time of publication. It  
shows the work that is being carried on which may contribute to our  
information on these subjects as soon as completed.





Food and Nutrition CARBOHYDRATE VALUES OF FRUITS AND VEGETABLES. R. D. Williams, L. Wicks, H. R. Bierman, and W. H. Olmsted. (The Journal of Nutrition. Vol. 19, No. 6, June 10, 1940, pp. 593-604.) This article takes up the general methods of analysis of fruits and vegetables, and discusses the various results of such an analysis. It then classifies the fruits and vegetables according to their carbohydrate content. This grouping varies somewhat from the groupings in publications by such authors as Joslin and Wilder.

Food and Nutrition TARO (COLOCASIA ESCULENTA) AS A FOOD. Martha Potgieter. (Journal of the American Dietetic Association. Vol. 16, No. 6, June-July, 1940, pp. 536-540.) An article advocating increased use of taro in Hawaii and other tropical areas where this plant is produced in abundance.

Food and Nutrition DIET AND REPRODUCTION. H. J. Smith. (Flour and Feed. Vol. 41, No. 1, June 1940, pp. 15-18.) In a summary of this article the author says the dietary requirements for reproduction with some exceptions do not exceed the requirements for normal growth in young or maintenance of body weight in mature animals. It says that there is an exception that has been proved which includes the use of extra amounts of riboflavin for the production of hatchable eggs, extra amounts of carotene for cows during the later months of pregnancy, and extra amounts of tocopherol for rats also during the later months of pregnancy. Failure in reproduction can result from a lowered feed intake or severe deficiency of almost any one of the essential factors of diet.

Food and Nutrition VITAMIN C RETENTION AS A CRITERION OF QUALITY AND NUTRITIVE VALUE IN VEGETABLES. Faith Fenton. (Journal of the American Dietetic Association, Vol. 16, No. 6, June-July 1940, pp. 524-535.) In this study of vitamin C retention, the author says that the destruction of vitamin C oxidation is catalyzed by copper and by enzymes. This is important information to those countries where copper has commonly been added to green vegetables in canning in order to give a permanent green color. The destruction caused by this practice runs from 15 to 95 percent of the vitamin. The enzyme which causes the destruction is present in large amounts in some vegetables and in others is not so active. It was found that long standing before and after cooking, certain methods of preparation, and the like, caused loss of the vitamin. Drying was found to be very destructive to vitamin C, particularly in leafy vegetables. Reheating canned vegetables probably results in a loss also.



Personal

LIVE AND LEARN. Child Psychology for Parents. B. A. Fletcher. (The Ryerson Press, Toronto, 1938, pp. 61.)

Contents: Child study, The study group, Confidence, Helpfulness, Honesty, Truthfulness, Thoroughness, Rewards and punishments, Fear, Cruelty, Stubbornness, Jealousy. This book is designed to aid the study groups in the discussion of child problems. It gives not only subject matter but describes the methods of starting a group, keeping the group together, the techniques of group study, preliminary reading, practical work and home records, group leadership, types of leaders, winding up the meetings, and the like.

Personal

HIGHLIGHTS IN RECENT PSYCHOLOGY. Condensed from Science Service. (Science Digest. Vol. 7, No. 6, June 1940, pp. 81-84.)

This article, pointing out high lights in recent psychology, says, regarding heredity, that a person who discerns an occasional "nut" or two on his family tree need not put too much emphasis on the fact, for the chances that he will have a "nut" for an offspring are, so far as is now known, no greater than for a person who doesn't happen to find any "nuts" on his tree.

Personal

EMOTIONS AND THE EDUCATIVE PROCESS. Esther L. Richards. (Journal of the American Association of University Women. Vol. 33, No. 4, June 1940, pp. 195-200.)

In this abstract of an address delivered at a meeting of the Progressive Education Association of the District of Columbia in March, the author says that there is a pandemonium of ideas concerning one great point in the field of education and parent-consciousness of training responsibilities, and this relates to how far childhood and adolescence should be allowed to express itself. The author says she does not side with enthusiasts either for one point of view or another, but tries to stick to facts for which we have scientific evidence and experimental material in actual child lives. Of the intelligence test she says it is a good gravel screen for the differentiation of defective intellectual material. We know a little about regulative mechanisms, but we do not know one-tenth as much as the popular mind is led to believe. She cites the case of a child who has 4 years of progressive school treatment and who is doing poorly, and then lists questions to use in investigating such a problem. The last of the article is given over to a discussion of the need by some individuals or sources of authority in the direction of their activities. She says that some individuals seem to thrive only on external sources of authority, and that it is folly to postpone teaching a child a sense of responsibility for the rights and privileges of others until he is old enough to reason. It is not reason that trains him to a wholesome state of collective living, but daily habit experience.





Clothing and  
Textiles

CHARTS. (Educational Department, Dritz-Traum Co., Inc.,  
15 East 26th Street, New York City, N. Y., 1940.)

These charts are entitled: "Sewing Chart," showing method of applying slide fasteners; and "Shirring Chart," showing how elastic sewing thread shirrs as it stitches in a sewing machine. These two charts show steps in the use of slide fasteners, and elastic sewing thread in the decoration and construction of garments. They are approximately 22 by 24 inches and suitable for wall charts. They are distributed free.

Clothing and  
Textiles

TEXTILE FIBER ATLAS. Part III--Fur Fibers. Werner Von  
Bergen and Walter Krauss. (Rayon Textile Monthly.

Vol. 21, No. 3, March 1940, pp. 149-153.) Besides giving a detailed report of the structure of fur fibers that are used in women's wear and in felt hats, illustrations show magnified longitudinal cross-sections of these fibers, which include rabbit hair, muskrat, beaver, squirrel, raccoon, and fox.

STEPPING OUT. Dorothy McKenzie. (Capper's Farmer.

Vol. 51, No. 4, April 1940, pp. 56 and 57.) In discussing shoes, the author begins with the statement that your feet are your fortune if you get around much. She lists "five steps up" as follows: Footgear suited to dress, Shoes neatly polished, Smoothly-fitting hose, Hem line nice and even, and Straight stocking seams; and "five steps going down" which are: Slip that shows, Too-short skirt, Fuzzy logs, Socks with dress shoes, and Run-over shoe heels.

Clothing and  
Textiles

DYE POT MASTERY. Edna R. Gray. (Capper's Farmer,  
Vol. 51, No. 6, June 1940, pp. 33, 38.) This article

explains some problems met in dyeing fabrics when the original color has not been fully removed. A table shows how to get certain colors by adding others to the original shades. For instance, blue will change orange to a tan or grayed orange. It discusses problems in dyeing special fabrics such as acetate rayons, and advocates thorough cleanliness in all the steps in dyeing. The cloth should be clean and all soap and spots removed from it before dyeing.

Clothing and  
Textiles

NYLON--SOMETHING NEW IN WOMEN'S HOSIERY. (Consumers'  
Digest, Vol. 7, No. 5, May 1940, pp. 17-20.) A dis-

cussion of Nylon hosiery, its virtues and shortcomings in which the author says that it must be admitted that laboratory wear tests are not altogether accurate, for the factor of the individual user enters and has a marked effect. There is no danger to business in the fact that some persons can not wear them as long as others for Nylon hose will need to be replaced from time to time. Nylon hose do not snag so easily as silk stockings, but will run just like them. One expert says that they will not "pop" as silk stockings do occasionally.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*L H Bealer*

SEP 30 1940

No. 436.

September 18, 1940.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Social      THE GOOD OLD DAYS. David L. Cohn. (Simon and Schuster, New York, 1940, pp. xxxiv 597, illus.) This is a very readable discussion of a mail order catalog and the use to which it has been put over a series of many years. It also points out much information about how people in the past lived that can be gleaned from such a catalog.

Social      MAN'S FUTURE ON THE EARTH. Condensed from the Scientific Monthly. K. F. Mather. (Science Digest. Vol. 7, No. 5, May 1940, pp. 55-62.) This article is condensed from one in the Scientific Monthly, on the Yearbook, "Food and Life." The reviewer says that ten thousand or even a million years hence this earth should still provide man with a fairly comfortable home, but he may have to change his living habits. Much of what he now takes from beneath the surface he may have to produce by tilling the surface. He then points out some of the explanations for this theory.

Social      PROBLEM OF POVERTY IN AGRICULTURE. M. L. Wilson. (Journal of Farm Economics, Proceedings Number. Vol. 22, No. 1, February 1940, pp. 10-33.) In discussing this subject, Secretary Wilson took up two pertinent sets of problems: 1. Those concerned with noncommercial farming. Then giving the historical background, he says that rural poverty is not solely the outgrowth of the post-war depression, for the pioneer farmers on the frontier were poor in comparison with present-day living standards. He points out the lack of information available for the development of sound programs and some of the things that are being done to overcome this deficiency. He then takes up the various social philosophies, one of these being that everyone can be successful if he will try; another, that of agrarian self-sufficiency; and a third, the rational organization of agriculture and industry, or those who would plan and organize both agriculture and industry in the most rational, efficient manner possible; and a fourth, one which he calls Scientific Humanism. He then makes some proposals in the field of education, research, county planning, and action programs.





- Clothing and Textiles      **CONTROLLING THE CLOTHES MOTH.** Harriet J. Haynes. (Consumers' Digest. Vol. 7, No. 5, May 1940, pp. 55-59.) This article is condensed from a County Extension Service bulletin by Mrs. Harriet J. Haynes, Massachusetts State College. In the control of clothes moths the author advocates constant watchfulness, thorough brushing, and hanging articles out of doors in the bright sunshine. Washing may kill moths but does not protect against reinfestation. She takes up other preventive measures and gives general advice for storing clothes.
- Clothing and Textiles      **THICKNESS OF KNITTING WOOLS.** (Textile Mercury and Argus. Vol. 102, No. 2658, March 1, 1940, pp. 227.) The Wool Controller's Advisory Council of Great Britain, in discussing the matter of handknitting by relief associations, has issued some suggestions based on the conclusion that there has been wasteful consumption of wool and that it is not necessary to use wool so thick as that which has been given out for knitting purposes. It recommends wool of a thickness described as 1/12s for service type and 1/14s for ordinary knitting wools. In all cases the wool shall not be more than four-ply. This item closes by saying that there is not an unlimited supply of wool available and it is now a question of making the best possible use of the wool that can be released for this purpose and that waste should be avoided.
- Clothing and Textiles      **PROTECTION OF FABRICS AND FURS FROM CLOTHES MOTHS AND CARPET BEETLES.** W. M. Hoskins and Marian J. Van Ess. (Pests. Vol. 8, No. 4, April 1940, pp. 8-12.) This article discusses the varieties of clothes moths and carpet beetles and methods of controlling them.
- Clothing and Textiles      **CLEANING AND FINISHING LEATHERS.** Detailed and illustrated directions on handling garments, gloves and purses. L. K. Ulery. (The National Cleaner and Dyer. Vol. 31, No. 4, April 1940, pp. 16-20, 22, 24, 26.) With magnified and regular-sized illustrations this article explains how to clean and finish leather articles.
- Clothing and Textiles      **THE FUR DIGEST 1939.** Max Bachrach. (Retail Fur Council of the National Retail Dry Goods Association, New York, 1939, pp. 208.) This handbook is intended for fur buyers, merchandise managers, salespeople, and advertising copy writers. A chapter on serviceability of furs offers aid in imparting accurate information to customers on the wearing quality and service to be expected from various peltries. The handbook includes a section on registered trade names and trade-marks, another on Government regulations, and one on foreign terms applied to furs.



EDUCATIONAL LITERATURE OF 1939. Joseph L. Wheeler and  
Education Marion E. Hawes. (School and Society. Vol. 51, No.  
1319, April 6, 1940, pp. 428-446.) A bibliography of  
educational books published in 1939, which includes a bibliography of  
textbooks of social studies, put out by the National Council of Social  
Studies, also lists of books on child and family life; home economics;  
health, safety, and physical education; adult education; audio-visual  
education; and organization reports and proceedings.

AN ITEM ANALYSIS OF MEASURES OF TEACHING ABILITY. L. H.  
Education Mathews. (Journal of Educational Research. Vol. 33, No.  
8, April 1940, pp. 576-580.) This is an evaluation of  
various systems in use for measuring teaching ability. The results of  
this study show that no single test has over 12 percent of its items  
possessed of satisfactory discriminating power. Many of them contain  
items with zero discriminating power. It seems that many of these meas-  
ure such a very narrow range of behavior that when used as a measure of  
teaching ability they do not discriminate between groups when they are  
made up of nondefectives in ability. Another reason for this poor dis-  
criminating power is that the teacher may bring her whole self into each  
successive teaching situation so an individual test item may never con-  
stitute a satisfactory measure of any so-called trait or quality in ques-  
tion. The author says that the measurement of teaching ability may not  
be a hopeless task, but it is far from satisfactory at present.

EDUCATING FOR MATURITY. H. A. Overstreet. (Journal of  
Education Adult Education. Vol. 12, No. 2, April 1940, pp. 117-122.)  
This article discusses various theories about types of  
people. One is the badness-goodness theory; another, the ignorance-  
knowledge theory; and a third, the immaturity-maturity theory. In the  
latter theory he says that the aim of education is to help the individual  
at each age to move on to the next and the same may be said of teachers  
of adults. However, teachers for these latter must not only themselves  
be mature persons, but must also know what maturity means. It then dis-  
cusses methods of imparting education helpful in bringing about matura-  
tion. It says that information-giving can never be enough. Listening  
to lectures may be a powerful maturing experience, but only when the  
information is functional for the listener and is incorporated into  
his self-directive life. The same may be said of discussion, and of  
the practice of the arts. Of these last it says that they may be  
merely an aid to conceit or they may present opportunity for mature  
companionship which gives insight into beauty and has great significance.  
He stresses two qualities of maturity which should be of particular  
interest to the adult educator. The first is self-reliance, and the  
second is social-mindedness.







Health HEALTHIER HEALTH MEETINGS. W. W. Bauer. (American Journal of Public Health and the Nation's Health. Vol. 30, No. 5, May 1940, pp. 523-526.) Eliminating the unhealthiness of health meetings is recommended by this author, who points out the weaknesses and means of improving programs, speakers, and the like for health meetings. He advises sending speakers to already organized clubs and associations rather than to try to arrange public mass meetings for health education.

Health COMMUNITY HEALTH EDUCATION. Ira V. Hiscock. (American Journal of Public Health and The Nation's Health. Vol. 30, No. 5, May 1940, pp. 516-522.) This article discusses methods of improving community health and advocates the application of health knowledge by the individual, both involving improvement of health practices and in attitudes, also the acceptance of responsibility of citizens for recognizing opportunities and the importance of giving aid to the development and maintenance of adequate health programs. Some objectives in the health program should be: Fullness of living for family and community, and fitness-the promotion of the employment of qualified personnel in developing fitness in the community, wisdom in planning made for information and developing resources for health education. Consideration should be given to national health plans and what they mean in terms of health education. The program should be flexible, and there should be friendliness, understanding, and faith in it. Funds and resources for carrying on health education are discussed.

Health HORMONES AND VITAMINS IN COSMETICS. Joseph J. Eller and Shirley Wolff. (The Journal of the American Medical Association. Vol. 114, No. 19, May 11, 1940, pp. 1865-1875.) This article, on the use of vitamins in creams, lotions, and soaps, says, in part, that while it may be true that the vitamins A and B can be absorbed through the unbroken skin, there is no conclusive evidence that they affect the local tissues. It is questionable whether the small amount of vitamins that could be absorbed from cosmetics would produce any systemic effects in the human being. In the case of vitamins in soaps one must realize that the quantity of soap used is very small in proportion to the amount of water. Problems of hypervitaminoses resulting from overdosing, and the permeability of skin are then discussed. It says in the summary that androgens and estrogens are readily absorbed through the intact skin when applied in a solution or ointment, and concludes that the use of a commercial face cream containing estradiol produced cancer in experimental animals, as well as causing other profound systemic changes, when applied on the skin in one-fifth the amount recommended for daily use by women. This article is to be continued in a later issue.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

*E. Smith*  
OCT 2

No. 437.

September 25, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

HOME ECONOMICS PLAYS. Practical Home Economics.  
General (Practical Home Economics, 468 Fourth Avenue, New York City. Vol. 18, No. 1, January 1940, back cover page.) A list of plays for home economics groups. 1. Joan finds out. Clothing. Seven girls. 2. Martha Washington returns. Child development. Seven girls. 3. There was an old lady who lived in a shoe. Fashion show. Any number of children. 4. A television style show. Three girls. 5. Playing the game. Social relations. Five girls. 5. Playing the game. Social relations. Five girls. 6. Renovating Rosie. Personal appearance. Six girls and three boys. 7. Abigail's print shop. Clothing. Three girls, one boy, and models. 8 Closet cleverness. Nine girls and models. 9. All day long. Four main characters and models. 10. This modern generation. Ten or more girls. 11. The uses of adversity. Homemaking classes. Five boys and five girls. 12. The fashion cycle and facts and fancies in costume. Six girls and any number of models. 13. The awakening of Amy Brant. Foods and nutrition classes. Nine girls and extras. 14. Helly-hocks for you. Family relationships. Five girls, two boys. 15. "Home, Sweet Home." Home management. Four girls, six boys. 16. The country cousin. Personal appearance and good grooming. Four main characters, all girls. 17. A modern Cinderella. General home economics. Six girls. 18. Mr. Budget. Family budgets. Three girls, two boys. 19. Diet saves the day. Nutrition. Eight characters. 20. It pays to budget. Personal budgets. Ten characters. 21. Fine points: A play in consumer education. Six characters. 22. It's the way you do it. Courtesy. Three main characters; chorus of eight girls representing various types of bad manners. 23. Three girls--one job. Good grooming. Five girls

THE AMERICAN COLORIST. A practical guide to color harmony and color identification. Faber Birren. (The Crimson Press, Westport, Conn., 1939, pp. (unnumbered) color chart This book (paper-back) is intended to simplify the identification of colors through a scale that helps first to identify the color by its basic hue, and then by the various tints, shades, and tones of the color.







Health                    CLINICAL STUDIES OF VITAMIN A IN INFANTS AND IN CHILDREN.  
Charles D. May, Kenneth D. Blackfan, John F. McCreary,  
Fred H. Allen, Jr. (American Journal of Diseases of  
Children. Vol. 59, No. 7, June 1940, pp. 1167-1184.) A report of progress  
in the study of estimating the vitamin A in small quantities of blood in  
order that early clinical diagnosis of the deficiencies of vitamin A and  
the metabolism of vitamin A in health and disease may be determined. It  
points out the problems involved in the use of some of the older methods  
in making these determinations, and then says, in conclusion, that the  
technique described here is practical for early diagnosis of deficiency of  
vitamin A in infants and children. Such tests indicate the low level be-  
fore other reliable clinical signs appear.

Health                    DEVELOPMENT OF MEDICAL CARE PLANS FOR LOW INCOME FARM  
FAMILIES. Three years experience. R. C. Williams.  
(American Journal of Public Health and the Nation's  
Health. Vol. 30, No. 7, July 1940, pp. 725-735.) This article, as the  
title indicates, outlines plans for medical care for farm families, the  
work of which is being done in cooperation with the Farm Security Adminis-  
tration. It points out the extent of medical need in rural areas and the  
advantages both to the physician and to the patient of pooling individual  
fees.

Health                    BETTER HEALTH FOR AMERICA. Nathan B. Van Etten. (Science.  
Vol. 91, No. 2373, June 21, 1940, pp. 581-585.) This art-  
icle discusses health education of the public, of the  
physician, and demands on the human being caused by modern living. It says  
life has been so externalized by scientific disclosures that results have  
been accepted without inquiry as to their civilizing accomplishments. It  
speaks of electric light and power, telephones, radios, modern plumbing,  
airplanes, automobiles, all of which are divisors of time and the vitality  
and the cost of living. They change man's point of view and prod him to  
seek sleepless activities and superficially make him too busy to think be-  
yond the current moment. It then takes up the country physician's practice,  
hospitals, and the basis of better health.

Health                    THE MEDICAL BULLETIN OF THE VETERANS' ADMINISTRATION.  
Frank T. Hines, and Charles M. Griffith. (U. S. Govern-  
ment Printing Office, Washington, D. C. Vol. 17, No. 1,  
July 1940.) Special articles and reports on care and treatment of many  
diseases. The instructions given in the article on pages 48 and 49, en-  
titled "A Simple Method of Sterilizing Fungi-Infected Shoes," say that one  
or a few pairs of shoes may be sterilized by enclosing them in a tin box  
containing a small dish of formaldehyde from 1 to 10 hours; that when  
shoes are so treated there is an immunization or disappearance of the in-  
fection of the skin, and feet are protected from reinfection from the  
shoes.





Social                    THE SUBJECTION OF WOMAN AND TRADITIONS OF MEN. Maude Glasgow. (M. I. Glasgow, Publisher, New York, N. Y., 1940, pp. 341.) This book discusses woman's contribution to the race and her position in society. It deals with the subject historically and then takes up the position of modern woman today. Discussing the different occupations which women have followed in bread-winning, it brings out facts and fallacies regarding their abilities and strength and their achievements in various fields.

Social                    WISE INVESTMENT OF LEISURE. Edward J. Stieglitz. (The Scientific Monthly. Vol. 51, No. 2, August 1940, pp. 147-157.) This article discusses the need for education of children to prepare them for leisure as they grow older. It says that the problems of leisure are not limited to the individual, but concern the welfare of the community, the State, and the Nation. It praises the work that is being done by the Boy Scouts and the 4-H Clubs among rural youth, saying that their activities are vastly more constructive in that they foster definite, creative activities. It then discusses problems that arise with aging. In childhood and youth, it says, leisure is normally employed in the release of surplus energy. For the majority of women the great amount of leisure that occurs in middle or early later life comes on quite abruptly. Sometime between the ages of 45 and 50 they are confronted with the realization that the children have grown up, their labor has been reduced to a minimum, and they have an excess of time on their hands. It mentions the old saying that to prescribe retirement to the active, ambitious worker is tantamount to signing his death certificate within the year, and says that this is often sadly true, because so few are prepared to live beyond the limits of middle age.

Social                    TRENDS IN COMMUNITY ORGANIZATION AND LIFE. T. Lynn Smith. (American Sociological Review. Vol. 5, No. 3, June 1940, pp. 325-334.) The conclusion of this article says that society is undergoing a rapid transformation, and that the future promises a social structure in which the horizon of the individual family is greatly extended and its relations with locality groupings are much wider and more complex than in the past. Cohesion in groups will be based more on mutual inter-dependence, and social conflict promises to be more prevalent but more intermittent and less deep-seated.

Social                    BRUSH UP YOUR MANNERS. Guy Noel Pocock. With 27 drawings by Phil Ward. (David McKay Co., Philadelphia, 1939, pp. xi 107.) A book written in very simple style which gives some interesting side lights on the meaning of good manners. However, it is written by a British author from the point of view of his country, so parts of it do not apply to American conditions.





Housing SOVIET HOUSING LAW. John N. Hazard. (Yale University Press, New Haven, Conn., 1939, pp. iv 178.) As the title indicates, this book explains how the various housing laws of the Soviet Union are working and what they do to the people who occupy the houses.

Housing HOUSING IN SCANDINAVIA. Urban and rural. John Graham, Jr. (The University of North Carolina Press, Chapel Hill, 1940, pp. xv 223, illus.) Chapters in this book: Land for housing, Municipal housing, Housing societies, Rural housing and colonization, Applied philosophy. Of course, all the housing discussed applies to situations in those countries. Some house plans are included.

Housing WHAT SHOULD YOUR HOME COST? There's a safe rule that should determine your answer. Henry H. Saylor. (Parents' Magazine. Vol. 15, No. 5, May 1940, pp. 55, 92-93.) Discusses the question of how to determine how much a home should cost. A table shows the monthly income and the proper monthly rent to pay, or the annual income and the total investment which a home should not exceed. It also explains Government financing and insurance.

Housing LAW OF PUBLIC HOUSING. William Ebenstein. (University of Wisconsin Press, Madison, Wis., 1940, pp. ix 150.) A thesis, the first chapter of which mentions some of the elements that enter into the housing problems in this country, the second chapter describes a few of the organized governmental activities and institutions in the housing field. Much of the book is given over to points regarding the test cases decided in State and Federal courts. A brief account is given of some foreign legal experiences in public housing.

Housing FHA APPROVED HOUSES AT THE FAIR. (American Builder. Vol. 62, No. 6, June 1940, pp. 45-46, 103.) This article, with diagrams of floor plans and elevations, discusses the points of excellence in the low-cost houses of the Federal Housing Administration exhibited at the New York World's Fair. These houses are planned for typical American families, and have, besides a basement, four rooms on the first floor, and an attic.

Housing SUMMER COOLING IN THE RESEARCH RESIDENCE WITH A CONDENSING UNIT OPERATED AT TWO CAPACITIES. A P. Kratz, Seichi Konzo, M. K. Fahnestock, and E. L. Broderick. (University of Illinois, Urbana, Ill., Univ. of Ill. Eng. Exp. Sta. Bull. Series No. 321. Vol. 37, No. 28, March 5, 1940, pp. 72. Price 70 cents.) A progress report of research work being done on cooling private residences.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 438.

October 2, 1940.

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Sincerely,

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Assistant Home Economist.

Management      CONSUMER STANDARDS AND MARKETING. Donald E. Montgomery.  
(The Annals of the American Academy of Political and  
Social Science. Vol. 209, May 1940, pp. 141-148.)

This article discusses marketing and standards for various articles. It explains what standards are and how they aid consumers' choices, how consumers choose, some of the problems of the consumer, price-fixing laws, what standards could accomplish, and, it says in closing, that choice is still a free enterprise and that it is not hampered by the addition of useful knowledge of the articles that consumers choose.

Management      CONSUMER SHOPPING HABITS BY INCOME AND OCCUPATIONAL  
GROUPS. Perham C. Nahl. (Oklahoma A. & M. College,  
School of Commerce, Stillwater. Market Research Study  
No. 5, April 1940, pp. 60, mimeographed.) A study of consumer-shopping habits of people in the trading area surrounding Stillwater, Okla. Some questions in the survey are: Where do people go when they shop out of town? How much trade goes out of town? What do people buy out of town? Which classes of residents do most of the out of town shopping, and what can be done to retain their trade? Some conclusions reached are: That consumers' buying habits may be related to their incomes. It is clear that the higher income groups travel long distances to satisfy their demands and, when they do travel far, it is usually to purchase such merchandise as women's fashion goods, furniture, rugs, drapes, and men's clothing. The retired people are near the bottom of frequency of out-of-town shopping. The reason is probably that their age affects their purchasing habits. The middle income class lies somewhere between these groups. Skilled laborers buy more commodities out of town and trade in other cities more often than do common laborers. The common laborer and unemployed groups find it necessary to make most purchases on a price basis. They are not wealthy enough to seek more in the way of style or quality.





Clothing and  
Textiles

AMERICA MUST TAKE STYLE REINS SOON. (Women's Wear Daily. Vol. 61, No. 8, July 11, 1940, pp. 19.) This article warns that, if America does not take the reins and demonstrate its ability in designing, next spring's business will go back to Paris. It says, among other things, that "American designers have proved their ability to create sports clothes that are superior to others and most suitable to life in this country." They also have been successful with furs, making them soft, becoming, and pleasing, and, therefore, superior to the bulky models presented elsewhere. The designers deserve recognition for their achievements in millinery; therefore, they should be able to produce dress designs that are beautiful and at the same time adapted to our ways of life.

Clothing and  
Textiles

THE IMPROVEMENT OF CHINESE AND OTHER CARPET WOOLS. R. H. Burns, A. Johnston, and W. C. Chen. (The Journal of the Textile Institute. Vol. 31, No. 4, April 1940, pp. T37-T48.) This article on the improvement of Chinese and other carpet wools, which is the fourth on carpets, says, in part, that a large proportion of carpet wool comes from Asiatic countries, where sheep of the fat-tailed and broad-tailed varieties preponderate. Although some of the sheep are of the thin-tailed varieties, they are coarse haired. The article takes up a review of literature regarding carpet-wool-producing sheep, types of fiber, and the percentage of kemp and hair in the wool. It says, in conclusion, that Chinese wools were found to be not so good as the Vicanere and Aleppo wools. One variety of these superior wools comes from a part of India. An ideal carpet wool should contain not more than 2 percent by count or 4 percent by weight of kemp fibers, and it should contain not more than 85 percent by count or 65 percent by weight of true wool fibers. The remainder should be hair.

Clothing and  
Textiles

3-COLLEGE SURVEY SHOWS 75-90% WEAR GIRDLES. Study conducted by Women's Wear Daily discloses that 50 percent wear girdles all the time and 40 percent when dressed up--85-90 percent wear brassieres--need for educating co-eds on how to choose proper foundations seen--comfort is prime requisite--pantie girdles dominate demand. (Women's Wear Daily. Vol. 61, No. 8, July 11, 1940, pp. 16.) This article is a report of studies made to show the number of college girls who wear girdles and the type of girdle they prefer. It says that the results of two of these studies showed that although the college girl looks upon the girdle as a necessity, her buying habits in regard to foundation garments are usually careless. She buys either medium, large, or small sizes without realizing the creative possibilities of a girdle especially constructed for her figure. The average prices paid for girdles range from 59 cents to about \$2.98, and the total amount spent for foundation garments in the three colleges ran from an average of \$10 to \$18 per year. All-in-one garments seem not to be in favor with them.



Equipment                    COLD STORAGE LOCKER PLANTS SPREAD. (American Builder. Vol. 62, No. 6, June 1940, pp. 72-73, 102-103.) This article shows floor plan arrangements which have proved practical and efficient, and describes the equipment and management. They include the receiving room, the chill room, the aging room, the cutting room, and locker rooms.

Equipment                    DOUBLE DECK BUNK FOR SUMMER COTTAGE OR SMALL ROOM. (American Builder and Building Age. Vol. 62, No. 5, May 1940, pp. 77, illus.) This article with diagrams showing dimensions and construction details tells how to build a durable deck bunk for summer cottages or small rooms.

Equipment                    ESTONIANS IN 940 A.D. USED ARTIFICIAL ICE. (Science Digest. Vol. 8, No. 1, July 1940, pp. 14.) A brief item which calls attention to the fact that Estonians used artificial ice in 940 A. D. and for some time before that. This is reported in the writings of King Alfred in a book written about 860 A. D. He says that "if a man set two vessels full of ale or water they bring it about that both shall be frozen over, be it summer or winter."

Equipment                    WHAT EVERY WOMAN SHOULD KNOW ABOUT FURNITURE. Jeanne Judson. (Frederick A. Stokes Co., New York, 1940, pp. 98, profusely illus.) This book aims to give practical information about how to judge construction and choose style in furniture. It gives some brief instructions regarding furnishing a home and in choosing good furniture. It explains what veneer is and gives advice on furniture arrangement. It says that if you are modern minded you should understand that the modern movement in furniture can scarcely be called new, because it began as early as 1912 in Europe, and that it began in extremes and gradually became more moderate. There are two types of furniture which express our spirit today, one of which is wrongly called functional. The reason, the author says, this is wrongly called is that all furniture must have a function. Modern functional furniture is that which owes little or nothing to the past. The other type is that known as transitional and is based on styles that have preceded but which have been greatly simplified in form, and has added bright, new colors in wood finish and upholstery.

Equipment                    MAKING SLIP COVERS SUCCESSFULLY. Mary Corbin. (Home Institute, Inc., 243 W. 17th Street, New York City. 1939. 42 pp., illus.) This paper-back bulletin discusses selecting material, trimmings and seam finishes, measuring for a slip cover, how we fit, pin, and cut, finishing the slip cover, slip covers for other chairs, slip covers for sofas, covers for small chairs, decorative chair pads, and making an upholstered cover. Diagrams assist in explaining the directions.





The Child

MARRIAGE AND THE CHILD. James H. S. Bossard. (University of Pennsylvania Press, Philadelphia, 1940, pp. xv 178.) This book takes up: The background of child

welfare: child welfare and the child welfare movement; and problems of marriage, such as the age factor, residential propinquity as a factor in marriage, nationality and nativity as factors in marriage, further studies in marriage selection, and ecological areas and marriage rates. It also gives reports of case studies.

The Child

HAPPINESS IN EARLY CHILDHOOD. Willard C. Olson.

(National Parent-Teacher. Vol. 34, No. 10, June-July, 1940, pp. 14-16.) A discussion of what we call happiness

and how it is evidenced in early childhood. The author says that the foundation of this thing we call happiness is perplexing, confusing, and complex. He then discusses what it takes to make an infant happy and then what the older child requires. It discusses tenseness that results from frustrations and its effect on the child and his happiness. It advocates that anyone who deals with children should learn to understand the child's needs, what effect they have upon his life processes, and how to assist him in laying the foundations for a healthy, useful, and happy life. It says that the teacher is in a position to perform a greater service in this respect than merely teaching routine subjects, in giving the child an opportunity to relieve his home tensions by expressing them in drawing and other ways, and that this may have greater benefit to the home than most people realize.

The Child

THE ATTITUDES OF AGGRESSIVE AND SUBMISSIVE BOYS TOWARD ATHLETICS. William Fauquier. (Child Development. Vol. 11, No. 2, June 1940, pp. 115-125.) A discussion of

the value of athletics in character building. It says that in the first place the contribution of athletics to the average individual has been greatly exaggerated and too much emphasis has been given to the so-called character value of competitive sports. This article reports the findings of a questionnaire regarding participation in sports and the other attitudes that the child may have, such as avoidance of responsibility, anti-social behavior, and infantile behavior. It also asks such questions as, "Does playing games ever make you feel badly as though you were not as good as other boys?" and "Do you like to play against strangers?" In the summary the author says that play habits are not isolated and disconnected factors in a boy's personality which may be moulded or remoulded at will. They are symptoms reflective of larger and more complicated systems of thinking, feeling, and acting which are connected with elaborated tissue-needs of the individual. Aggressive boys seem to carry over into athletics many of their characteristic behavior tendencies and habits, for example.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 439.

October 9, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,



Edith L. Allen,  
Assistant Home Economist.

General      SOAP MANUFACTURE. The chemical processes. J. H. Wigner.  
(Chemical Publishing Co., Inc., New York, N. Y., 1940, pp.  
vii 162.) This book is designed for the trade, and the  
processes used in the recipes are much larger than could be used in any  
home, and appear difficult to reduce to a suitable size for this purpose.

General      NOTES ON GRADUATE STUDIES AND RESEARCH IN HOME ECONOMICS  
AND HOME ECONOMICS EDUCATION, 1939-40. Compiled under the  
auspices of the Research Committee of the Home Economics  
section of the Association of Land-Grant Colleges and Universities, and  
the Research Department of the American Home Economics Association. (U.  
S. Department of Agriculture, Bureau of Home Economics, Washington, D. C.,  
No. 5, June 1940, pp. vi 210.) A compilation and description of the re-  
search projects being carried on in 1939 and 1940 or completed in 1939.  
These cover home economics topics such as the house, family economics,  
the family, institutional management, home economics education, foods,  
physiology of nutrition, diet in relation to health and disease, and tex-  
tiles and clothing.

General      STATISTICAL TECHNIQUES ADAPTED TO HOME ECONOMICS PROBLEMS.  
Clara M. Brown and Hazel M. Hatcher. (Burgess Publishing  
Co., Minneapolis, 1939, pp. vi 104, processed.) This book  
is intended not only for students in home economics education, but for  
those who wish to become familiar with simple statistical techniques in  
order that they may read understandingly the literature which deals with  
the results of experimental work. The first five chapters present sta-  
tistical material adapted to the types of problems most frequently en-  
countered; the latter half of the book is filled with material of interest  
to anyone who has occasion to set up data in tabular or graphic form or to  
interpret data which he has collected or which have been discussed in pub-  
lished articles. The book tells also how to write reports.





Social                    HOW AMERICA LIVES - MEET THE HANDEVIDTS, of Martin County, Minnesota. (Ladies' Home Journal. Vol. 57, No. 9, pp. 55-60, illus.) This is No. 8 of the "How America Lives" series appearing in this journal. It describes the life and home of a Minnesota farm family which owns a 200-acre place. One part deals with how the family spend their money; another part tells how they attend to their personal grooming. The household equipment used and the method of preparing and serving food are also described.

Social                    COUNTRY RELICS. H. J. Massingham. (The University Press, Cambridge, England, 1939, pp. xv 239.) This book is an account of some old tools and properties belonging once to English craftsmen, which have long been discarded for common use, but retained as museum pieces. Chapter 7 discusses the craftswoman, particularly the lace maker. It also takes up the making of gloves. Other chapters discuss basket making, the fireplace, and kitchen equipment.

Social                    COLUMBIA UNIVERSITY CONTRIBUTIONS TO EDUCATION. Teachers College Series. A Social and Economic Survey of Beadle County, South Dakota. Beryl Rogers McClaskey. Submitted in partial fulfillment of the requirements for the degree of Doctor of Philosophy in the Faculty of Education, Columbia University. (Chicago, Ill., 1940, pp. x 260.) A study of the social action of people in Beadle County in boom and depression years. The report includes the history of South Dakota and Beadle County, from settlement to the present time; the people of the county, including density, race, age, distribution, marital conditions, illiteracy, occupations, and home facilities. Another part takes up the natural resources of the county, its business structure, and certain farming problems. Chapter 10 discusses agricultural extension work, 4-H Clubs, and other educational institutions in the county. Chapter 11 takes up social action and control.

Social                    SCIENTIFIC BOOKS. The Social Order. R. S. Woodworth. (Science. Vol. 92, No. 2376, July 12, 1940, pp. 36-38.) A review of the book, Human Nature and the Social Order, by E. L. Thorndike, (MacMillan Co., New York, 1940, pp. xx 1019.) The article is technical, as is the book on which it is based. The parts of the book discussed are those which have to do with motives and wants and how these may be measured. The closing paragraph says, regarding the consideration of human nature in relation to human welfare, that indications are that man has the possibility of almost complete control over his fate, and that if he fails it will be from ignorance or the folly of men.



Personal                    WHY MEN SUCCEED. Condensed from a chapter of "Genius in the Making." Herbert A. Carroll. (Science Digest. Vol. 8, No. 3, September 1940. pp. 1-9.) This article discusses the characteristics of gifted children and explains why some never fulfill their promise. The second thing besides high intelligence that makes for great success is what is commonly called "drive." An individual with drive experiences a compelling force which actuates him to prodigious labors. It says that some people succeed and go very far not because they are so bright, but because they have a great amount of endurance combined with persistence.

Personal                    PSYCHOLOGY IN EDUCATION. Herbert Sorenson. (McGraw-Hill Book Co., Inc., New York, 1940, pp. xiv 489.) The author says in the preface of this book that its major object is to interpret fundamental psychological facts, principles, and theories applying to education. The education of pupils is much more than learning of subject matter. This text concerns itself with the fuller problems of pupil adjustment. Some chapter headings indicate the contents: Physical growth and development; Social development; Feelings, emotions, and personal adjustment; Mental health, behavior problems, and discipline, Measuring the capacity for learning; Heredity, environment, and human development; Interest, attention, incentives, and motivation; Effects of fatigue, atmospheric conditions, and other factors on learning, are also discussed.

Personal                    HOW CHARACTER DEVELOPS. A psychological interpretation. Fritz Kunkel and Roy E. Dickerson. (Charles Scribner's Sons, New York, 1940, pp. xiii 274.) A summary of the basic conception of the "we" in psychology. It calls attention to certain things in our psychic life which have been much neglected before. The facts themselves have not been entirely unknown, but their value has not been recognized. The parts of the book are: The "We", Ego-centricity, The maturing-we, The way out. The chapter dealing with family life says that the more the husband and wife are alike in temperament and other characteristics, the more their married life tends to be comfortable, convenient, and undisturbed, but, at the same time, unfruitful and tedious.

Personal                    DON'T BE YOUR AGE. A word portrait. George Kent. (Survey Graphic. Vol. 29, No. 6, June 1940, pp. 351-352.) This article discusses interests and activities for older people who have retired from their money-earning jobs. It gives a number of studies of how various individuals have adjusted to a change of occupation after retirement and how they have improved situations in their homes. It says that more treatment of elderly people should be based on faith in the capacity of the aged and in the conservation of the rich background which they have





- Food and Nutrition      FOOD AND THE WAR. (The Journal of the American Medical Association. Vol. 115, No. 7, August 17, 1940, pp. 536-537.) This article discusses some problems of the maintenance of the food supply of the army and civilian population of the country in time of war. It says that there should be better coordination of the various boards that will be concerned with the nutrition of the Nation.
- Food and Nutrition      FROZEN FOODS FOR FUTURE USE. Lucile Smith. (The Ohio Farmer. Vol. 186, No. 1, July 13, 1940, pp. 10, illus.) With illustrations this short article tells something about the preparation of food to be stored in a freezer locker.
- Food and Nutrition      SMOKED TURKEY. Better clubs and restaurants offer market for this tasty product...L. F. Gurney. (New England Homestead. Vol. 113, No. 15, July 27, 1940, pp. 2, 7.) This article gives detailed instructions on how to select the turkey, dress it, prepare it for curing, and finally, how to smoke the bird. It also gives some recipes for preparing turkeys after they have been smoked.
- Food and Nutrition      THE FACTS ABOUT "ARTIFICIALLY" RIPENED FRUIT. Part II. Norwood C. Thornton. (Food Industries. Vol. 12, No. 8, August 1940, pp. 51-52.) This is the second part of an article about artificially ripened fruit. It points out the fact that immature fruit cannot be chemically ripened with ethylene, that only mature yet green-colored fruit can be properly colored by the use of ethylene. It also says that fruit normally produces ethylene during the period of ripening, and that the use of gas stoves for the purpose of producing ethylene where fruit is stored serves to increase the amount of ethylene and, therefore, only stimulates the natural process of ripening. If the fruit is almost ripe, ethylene will not alter the nutritive value.
- Food and Nutrition      PRACTICAL THERAPEUTICS. A method of nutritional protection during senescence. Harry Barowsky. (Medical Record. Vol. 152, No. 4, August 21, 1940, pp. 149-150.) This article, in discussing the numerous factors that tend to produce nutritional deficiencies in the aged, says physiologically malnutrition results in a lack of tonus and secretions, in altered digestion, and poor absorption and assimilation. It then explains some of the dietary needs of people as they grow older. It says that it is now generally recognized that an adequately energy producing and nutritionally protective diet is an essential requirement during old age.



United States Department of Agriculture  
E X T E N S I O N S E R V I C E  
Washington, D. C.

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Sincerely,

*Edith L. Allen*

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Assistant Home Economist.

Education      STUDIES IN HOME ECONOMICS EDUCATION, 1918-1940. Reported in Published Form. Compiled by Marguerite Mather and Beulah I. Coon. (Federal Security Agency, U. S. Office of Education, Vocational Division, May 1940, Misc. 2381, pp. 11-20.) A bibliography of studies in home economics education carried on between 1918 and 1940. It names the institution in which the work was done, the degree for which it was designed, and the title, author, and date, also the form in which it was published.

Education      ADULT SCHOOL SURPRISES COME IN BUNCHES. Ethel M. Arnold. (Journal of Adult Education. Vol. 12, No. 3, June 1940, pp. 293-295.) This short article describes the organization of an adult study group and the types of persons interested in different subjects.

Education      ARE OUR SCHOOLS REALLY DEMOCRATIC? Charles F. S. Virtue. (School and Society. Vol. 51, No. 1319, April 6, 1940, pp. 425-428.) The author says in closing this article that education in a democracy is the process by which individuals are made into persons in the acquiring of information or the development of skills. It is the freeing of the powers and adjusting the drives of individuals and the developing of creativity and evaluational ability. The final outcome of education is to be able to live effectively in a commonwealth of free persons.

Education      PSYCHOLOGY AND TEACHING OF SECONDARY SCHOOL SUBJECTS. Homer B. Reed. (Prentice-Hall, Inc., New York, 1939, pp. xix+684.) The purpose of this book is to set forth the contributions which the sciences of psychology and education have made that will aid in studying and teaching of various secondary school subjects. It reports various scientific investigations regarding learning and methods of teaching.

1. The first part of the report is devoted to a general survey of the situation in the country. It is based on the data collected during the last year.

2. The second part of the report is devoted to a detailed analysis of the economic situation in the country. It is based on the data collected during the last year.

3. The third part of the report is devoted to a detailed analysis of the social situation in the country. It is based on the data collected during the last year.

4. The fourth part of the report is devoted to a detailed analysis of the political situation in the country. It is based on the data collected during the last year.

5. The fifth part of the report is devoted to a detailed analysis of the cultural situation in the country. It is based on the data collected during the last year.

6. The sixth part of the report is devoted to a detailed analysis of the scientific situation in the country. It is based on the data collected during the last year.

7. The seventh part of the report is devoted to a detailed analysis of the health situation in the country. It is based on the data collected during the last year.

8. The eighth part of the report is devoted to a detailed analysis of the education situation in the country. It is based on the data collected during the last year.

9. The ninth part of the report is devoted to a detailed analysis of the environment situation in the country. It is based on the data collected during the last year.

10. The tenth part of the report is devoted to a detailed analysis of the international situation in the country. It is based on the data collected during the last year.

11. The eleventh part of the report is devoted to a detailed analysis of the future prospects of the country. It is based on the data collected during the last year.



Social                    OUR SOCIAL WORLD. An introduction to social life and social problems. Wilson D. Wallis and Grace A. Wallis. (McGraw-Hill Book Co., Inc., New York, 1933, 1940, pp. xiii+402.) A textbook for high schools on the social problems of man. It is intended to help the student understand his social world and to help him in becoming acquainted with the nature of the personal and social relations which prevail in both large and small communities, and know the culture which has shaped these relations. It takes up the physical basis of society and culture; population, immigration, and racial adjustment; social forces; social and political institutions, and economic institutions.

Social                    EDUCATIONAL EXPERIMENTS IN SOCIAL SETTLEMENTS. Gaynell Hawkins. (American Association for Adult Education, New York, 1937, pp. xvi+145.) This book deals with adult education and some of the methods and problems that arise in adult classes. The author states that a common difficulty met is the fact that some people who have done very well without an education have found that education is not particularly concerned with the emotions that they have been in the habit of utilizing. Therefore, it does not help them to attain their ends so well as do some of the old methods that they have been using.

Social                    URBANISM. Charles E. Merriam. (The American Journal of Sociology. Vol. 45, No. 5, March 1940, pp. 720-730.) An abstract from a paper read at the tenth anniversary celebration of the Social Science Research Building, University of Chicago, December 1-2, 1939. It consists of a report of a survey of the interrelations of the social research organization in Chicago with various other similar but broader enterprises. In a discussion of the place of concentration in diffusing of population in modern society, the statement is made that if the level of living conditions and the base of mass purchasing power are raised by modern technology and improved organization, many conditions which were long thought to be exclusively advantageous to city dwellers or to country dwellers, will tend to be acceptable to all. It is then pointed out that rapid transportation is doing away with isolation and loneliness in rural communities, and sanitation and planning are doing away with slums in urban areas. With this better organization, the authors believe a vastly greater interchange of rural-urban facilities might be brought about. The paper also tells how we might reasonably look forward to new types of understandings and practices in the field of urban-rural relationships, and says that the city is less national in its outlook than are the rural areas.



Equipment FINISHING FIBER AND WILLOW FURNITURE. Ralph G. Waring.  
(Popular Science Monthly. Vol. 136, No. 4, April 1940,  
pp. 182-184.) This article explains how to recondition  
and finish fiber and willow furniture. Illustrations explain details  
of the work.

Equipment RECOMMENDED PRACTICE FOR THE ILLUMINATION PERFORMANCE  
OF RESIDENTIAL CEILING LUMINAIRES. (Illuminating Engi-  
neering. Vol. 35, No. 6, June 1940, pp. 523-526.) A  
highly technical article.

Equipment THE POWER LINES ARE COMING. Mabel Stegner. (Country  
Gentleman. Vol. 110, No. 8, August 1940, pp. 42, 43.)  
This article explains how to plan for household equip-  
ment and keep within the number of watts which each circuit is designed  
to carry. Topic headings: Plan for plenty of outlets, Consider the  
electric iron, First choice for the kitchen, Lighting, Costs.

Equipment SOLAR HEATERS FOR SERVICE WATER. Andre Merle. (Heating  
& Ventilating - air conditioning. Vol. 37, No. 8, August  
1940, pp. 22-26, illus.) This article explains the use  
of solar heaters for providing service water to a home. A map of the  
United States shows the region in which such solar heaters may be used  
successfully. States included: All of Florida, Georgia, Alabama,  
Mississippi, South Carolina, and Louisiana; much of Arkansas and Texas;  
part of North Carolina, Oklahoma, and California; and a small part of  
Arizona and New Mexico. Illustrations show the construction of these  
solar heaters.

Equipment THE RELATION OF LIGHTING TO INTERIOR DESIGN. Ray W.  
Irvin. (Illuminating Engineering. Vol. 35, No. 6,  
June 1940, pp. 544-550.) In this article the use of  
lighting for improving interior appearances of residences is discussed,  
rather than that of light for seeing, although the suggestions here are  
intended in no way to interfere with good lighting for seeing. A few  
examples are cited of why some lighting spoils the effect of the deco-  
ration of the home. One instance given is that of a home in which none  
of the sources of light were visible. This created a weird atmosphere.  
It is pointed out that present-day homes, although becoming more com-  
fortable and more convenient, are becoming more simple, and their light-  
ing must be carefully planned to fit in with this scheme of things. If  
furnishings are satisfactorily arranged for the functions of the room,  
light sources, of course, must be placed where these functions can best  
be served, and everything in a home of small size should be in harmony,  
which means that the furnishings should be in proportion to the house,  
that is, on a rather small scale. This includes the lighting fixtures  
as well as the other furniture.







Food and  
Nutrition

SOME COMMON DIETETIC ERRORS. Edward E. Cornwall. (Medical Record. Vol. 151, No. 10, May 15, 1940, pp. 337-339.)

The author of this article points out some common dietetic errors, and says that they are too much fuel food, too much sugar, too much salt, vitamin deficiency, excessive water drinking, the misuse of accessory foods, and the eating of very hot foods. He says in regard to the eating of sugar that this has come about only in very recent times and man has not had a long enough period in which to adapt himself to a substitution of sugar for starch, the form of carbohydrates to which he had been accustomed. Regarding vitamin deficiency, he says that the reverse of this danger is the fact that with the production of many vitamin preparations there are those who will take vitamin preparations on their own initiative without competent direction and run the risk of taking them wrongly and in excessive and harmful amounts.

Food and  
Nutrition

IMPROVING AMERICA'S DIET. Thomas Parran, Jr. (Science Digest. Vol. 8, No. 2, August 1940, pp. 21-26.)

This article is condensed from Technology Review, published in 1940, by the Massachusetts Institute of Technology. In this review the author says that of the many causes of unsatisfactory nutrition, the principal one is faulty diet. He then goes on to tell the amount of food that is desirable, and says that if these levels of food consumption could be reached, there would not be a surplus but actually a deficiency of many products. He says that the mother who has an inadequate diet is unable to nurse her baby, and dietary deficiency is probably the chief single cause of failure of a mother's milk supply. He then takes up the question of the quality of milk produced by animals feeding on depleted soil. He also advocates one good meal a day for every school child, and says this would not be a burden on the educational budgets, for it would save what is now spent for many patients suffering from disease.

Food and  
Nutrition

MAN'S APPETITE FOUND DEFECTIVE. Anton J. Carlson. (Science Digest. Vol. 8, No. 2, August 1940, pp. 92.)

This brief item reports that Dr. Anton J. Carlson, chairman of the department of physiology of the University of Chicago, says that civilization has complicated the question of appetite almost beyond scientists' ability to clarify it, and that though rodents and other animals are able to choose a diet containing the best vitamin contents, contrasted with this are the Chinese and Japanese, who eat polished rice until they develop beriberi. It is stated that we do not understand yet why the lower animals have retained this sense, while man, himself, seems completely to have lost it.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

NOV 7 - 1940

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TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Management      MAKING CONSUMER EDUCATION EFFECTIVE. Institute for Consumer Education, John M. Cassels. (Institute for Consumer Education, Columbia, Mo., 1940, Bulletin No. 2, July 1940, pp. 253.) Proceedings of the Second National Conference Institute for Consumer Education, Stephens College, Columbia, Mo., in April 1940. Addresses and outlines of discussions at this conference.

Management      CONSUMERS ALL. Joseph Gaer. National Problems Series - The problem of consumer protection. (Harcourt, Brace and Co., New York, 1940, pp. xii + 208.) A textbook on "buymanship," with chapters on consumer responsibility, balancing the family budget, what the consumer should know, and cooperatives in the United States.

Management      GREAT EXPANSION OF INSTALMENT SELLING IN UNITED STATES HELD UNLIKELY. Carl N. Schmalz. (Women's Wear Daily. Vol. 61, No. 24, August 2, 1940, pp. 40.) This article says that the opinion is held that an expansion of installment selling in the United States has reached its peak, and people are beginning to realize that the pressure of credit selling is taking an increasingly heavy foreign toll.

Management.      WHAT DISTRIBUTION COSTS YOU. The functions and costs of distribution. (Forecast. Vol. 56, No. 6, June 1940, pp. 304 - 305, 344.) This article explains to the consumer various costs of distribution, such as bookkeeping, salesmanship, promotion, advertising, transportation, storage, packing and grading, and retailing. Illustrated with graphs.



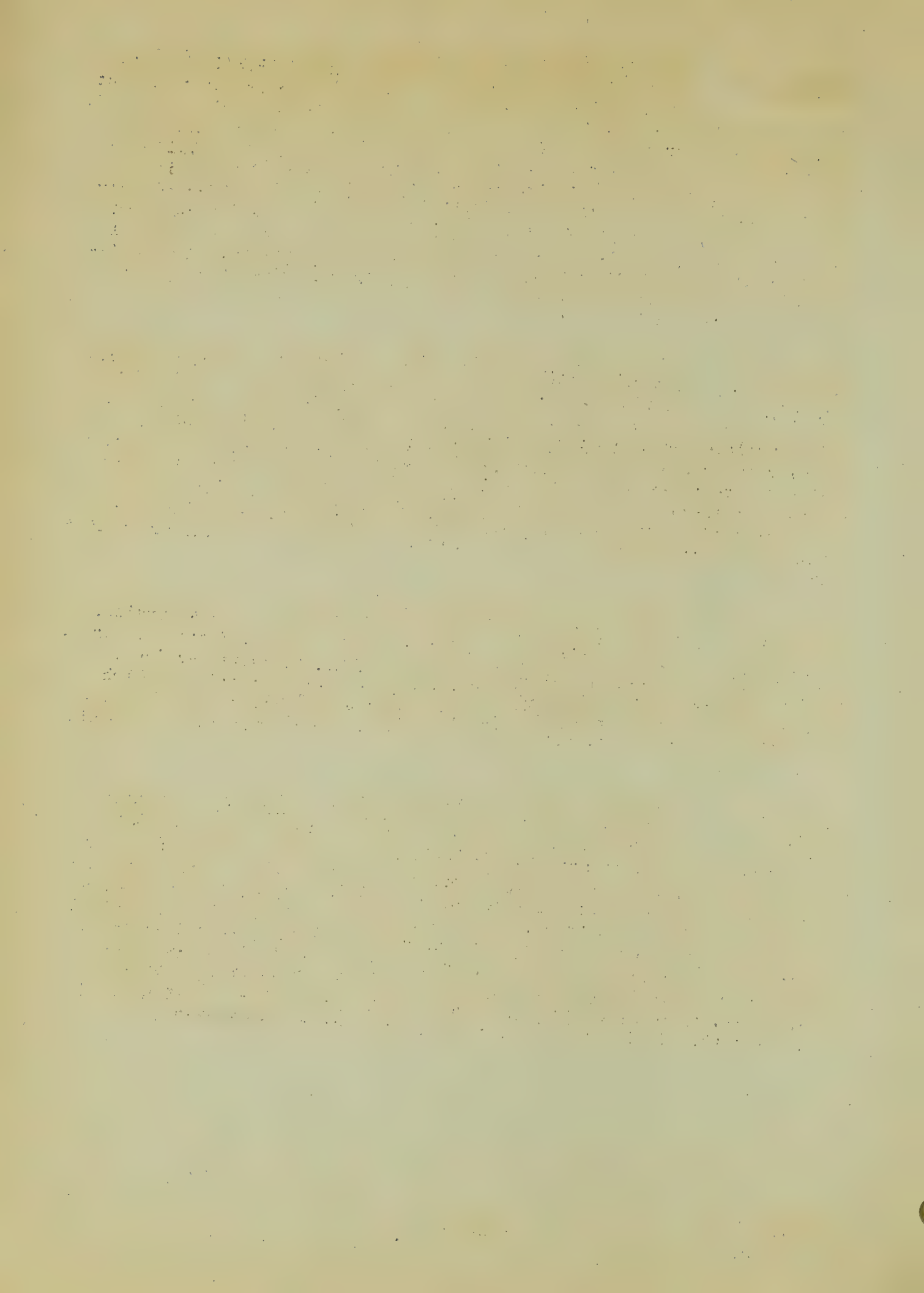


Clothing and Textiles      SEES CHANGE IN MODE OF LIVING, FASHION POSSIBLE. May be affected adversely by world conditions, State Street Council told by educator. (Women's Wear Daily. Vol. 61, No. 53, September 13, 1940, pp. 40.) A report of an address made by Professor Herbert Blumer, of the University of Chicago, who claims from his studies in sociology that fashion will change because the kind of fashion with which we are now familiar is the result of democratic organization; that in any other form of organization the mass of the people will not evidence their present interest in fashion. If a new social order emerges in which democracy is reconstructed, fashions may be limited to a relatively small group of elite as was the case many years ago before the social revolution.

Clothing and Textiles      HOSIERY SKIN-IRRITANT STORY IS RELATED. Medical Journal Prints a New Article on Troublesome Finish. (Women's Wear Daily. Vol. 61, No. 53, September 13, 1940, pp. 15.) This article discusses the history of skin irritation from wearing hosiery which has recently been reported in connection with Nylon stockings. Investigations show that the 74 known cases were caused by the finish on the Nylon rather than by the material itself. (As soon as a different finish was used, this trouble did not continue.) The same finish on cotton stockings also caused skin irritation. Similar trouble was reported in Canada.

Clothing and Textiles      RESEARCH TO INCREASE THE USE OF COTTON. A symposium. Ruth O'Brien, R. J. Cheatham, Walter M. Scott. (Journal of Home Economics. Vol. 32, No. 7, September 1940, pp. 443-454.) A report of work being done on cotton fabric research in the Bureau of Home Economics. Some topics discussed: Consumer problems in buying cotton, cotton in consumer use, cotton hose, and clothing and health.

Clothing and Textiles      CARPETS IN EUROPEAN PEASANT ART. A. Varron. (Textile Colorist. Vol. 62, No. 739, July 1940, pp. 455-457.) This article discusses modern European peasant art in the making of carpets. It gives briefly the background of carpet making and then describes the types of carpets made in Poland, the Balkans, the Scandinavian countries, and Finland. Peasant carpets made in Italy are also described. How some Polish carpets are made to have a brilliant sheen is explained. These carpets are dyed with vegetable colors and the wool used is unwashed, that is, the sheep is washed before the shearing, and the grease is not removed from the cut wool. This wool is best when it is hand-spun, for then it retains its elasticity.



Personal

IS LOVE ENOUGH? A discussion of the problems of the home and of married life. Belle Wood-Comstock. (Pacific Press Publishing Association, Mountain View, Calif., 1940, pp. 160.) A discussion of problems of home and married life. Topic headings: The father, the mother, the children, the evening and the morning, the family board, good times, religion, the husband, the wife, the in-laws, money matters, Sabbath observance, when the children are grown, friendship, friendship expressed, sex and life.

Personal

CAN PARENTS MOLD PERSONALITY? How is your child's environment affecting his personality? Is he an honor student or is he just "getting by?" Are you doing all you possibly can to help him mold a normal outlook on life? Frank Howard Richardson. (Hygeia. Vol. 18, No. 8, August 1940, pp. 688-690, 733.) By stating a number of laws, the author explains how parents can help the child in developing a good personality: The law of health, the law of play, the law of associations, the law of deprivation, the law of discipline, and the law of growth. He closes by saying that the essential thing is the delicate balancing of all these factors, and even then parents cannot be assured that their children will be perfect, but the factors will be of help in guiding the children toward success.

Personal

HUMAN NATURE WRIT LARGE. A social psychologic survey and Western Anthropology. F. Creedy. (The University of North Carolina Press, Chapel Hill, 1939, pp. ii + 484.) This book is in four parts. The first part covers the place of habit systems or automatisms in human society; part 2, the struggle of creative imagination against habit; and part 3, the psychology of economic life. This part takes up money values, business and economics, sanctions of the economic code and new values, sex and the family, and the knowledge as the prime instrument of socialization. Part four is concerned with making wishful thinking impossible by logistic statement.

Personal

Sssshh...this tells you how to give yourself the pleasure of quiet. (House and Garden. Vol. 78, No. 3, September 1940, pp. 32-33, 60-61, illus.) This tells how to give yourself the pleasure of quiet. With the aid of diagrams and texts this article shows how sound insulation can be had by means of careful location of buffer areas, that is, closets and furnishings that will absorb or block out sound. It also explains the construction of walls of various types and indicates which type reduces noise the most. A comparative scale of noise intensity begins with the airplane at 18 feet, which makes a noise of 120 decibels, and descends to the rustle of leaves, which makes a noise of 20 decibels.





The Child

CONSERVING THE MENTAL HEALTH OF CHILDREN. A radio address. Clarence M. Hincks. (Understanding the Child. Vol. 9, No. 1, April 1940, pp. 26-29.) This article discusses methods of teaching the child to get along with others and to assume responsibility, the value of hobbies, and the importance of a sense of security. Under the topic, "Getting Along With Others," it says that if the child is shy and seclusive, placing him in the company of other children may not be enough. It is for this reason that he is encouraged to develop a hobby which leads to the acquisition of skill, with the thought that on the basis of such a hobby, other children with similar interests can be brought together with him, and as a natural consequence of their group activities become better socialized.

The Child

THE DEVELOPMENT OF CERTAIN MOTOR SKILLS AND PLAY ACTIVITIES IN YOUNG CHILDREN. Child Development Monographs, No. 26. A genetic study of the motor development of preschool children as revealed by their use of wheel play materials. Theresa Dower Jones. (Bureau of Publications, Teachers College, Columbia University, New York City, 1939, pp. xiv + 180.) A report of a study of motor skill and play activities of young children. Some conclusions reached are that an analysis of differences in age performances revealed no significant differences between children of higher and lower socio-economic status at three levels studied. Successive levels of performance seem to be in large part functions of increasing maturities as distinguished from experience or practice alone. Cooperative play activities of children seem to be dependent upon factors related to growth and development. Sex differences appear even greater when opportunities for similar experiences are provided - a significant difference between sexes of higher socio-economic groups in terms of age performance. Boys showed most interest in manipulations of parts of play materials; girls, in combining materials. Some recommendations to parents for selection of play materials on the basis of findings of this study are given; such as, if a doll carriage is to be provided, it should appear when the child is from 18 to 24 months old. A sturdily built doll bed on wheels will answer practically all purposes if funds are limited. A wagon was found to be most frequently used, in social situations, of all play materials. If only one-wheeled play material can be provided, a wise choice would be a dump truck. Filling the need for all types of activities studied, the truck can also be used by young children for manipulating parts of materials, and for pushing around before the child has learned to walk. It would be good for use at every stage of his development until after he is 4 years old. A second choice would be a sturdy kiddy car equipped with pedals.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 443

November 6, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist.

Textiles and Clothing      ACHIEVEMENTS IN TEXTILES. Commonplace fabrics with superior characteristics given by special treatments. Philip H. Smith. (Scientific American. Vol. 163, No. 2, August 1940, pp. 60-62.) Discusses various treatments that are being given to commonplace fabrics to make them crisp like organdy, and water-repellent, also how rayon velvet is made crush-resistant and practical for wear, and how overcoats are made water-repellent.

Textiles and Clothing      NYLON STOCKINGS. The Facts and the Fables. (Vogue. Vol. 95, No. 10, May 15, 1940, pp. 67, 105.) This article discusses the pros and cons of Nylon stockings. It says, among other things, that Nylon stockings will wear a remarkably long time under the right circumstances, provided the wearer gets them in her usual brand, weight, size, and gauge, and then gives them the care that she would give all fine things. They are sheer stockings and not cast-iron. They must be treated with respect.

Textiles and Clothing      BETTER BUYMANSHIP. No. 2. Household Textiles. Department of Research. (Household Finance Corporation, Chicago, Ill., 1940, pp. 36, illus.) This book takes up the buying of sheets, pillowcases, blankets, comforters, bedspreads, tablecloths, towels, and washcloths. It answers such questions as: Of what is it made? How is it made? What service will it give? What care does it require? Who manufactures it? and Who distributes the product. Illustrations bring out certain points.





CHILDREN CAN SEE LIFE WHOLE. A Study of Some Progressive  
The Child Schools in Action. Mrs. Mary Ross Hall. (Association  
Press, 347 Madison Avenue, New York, 1940, pp. ix + 157.)

This book is intended to help teachers to understand the intellectual and emotional development of young people. It explains to parents different aspects of progressive education as carried on in some of our schools, and also gives them the same sort of understanding of children as it gives to the teachers. Chapter headings: Types of progressive schools, Progressive schools in action, The social responsibility in progressive schools, and The orientation in the universe. In the final chapter on The Children Speak, are examples of some thoughts and ideas of children, expressed in their poems or their little compositions.

BEHOLD OUR HOME! Eduard C. Lindeman. (Child Study. Vol.  
The Child 17, No. 4, Summer 1940, pp. 104-106.) This article in discussing the American home, stresses the distances between our home ideals and our home habits. It says, for example, that most Americans, especially those who are conservative, persist in claiming that home ownership is a cardinal virtue, while at the same time they give allegiance to institutions and practices which penalize every home-owning family. One difficulty met with today is that young people are in no position to build homes at the time when they most need to have them for if they do attempt to buy a home on borrowed money, they find themselves burdened with a debt they have to carry for too many years. It then takes up questions, such as, "What makes Americans change homes so often?" and "Why are they so restless?"

THEIR FIRST JOBS. An employer who gives many youngsters  
The Child their first working experience has something of importance to say to their parents. C. G. Madsen. (Parents' Magazine. Vol. 15, No. 4, April 1940, pp. 24-25, 95-97.) In this article the author tells how he made a study of why young people are not satisfied in their jobs and why they are not making good after starting with much ability and enthusiasm. He says he found that much dissatisfaction on the part of young employees could be traced to the influence of their parents. He then points out what these influences are.

TEN BEHAVIOR PROBLEMS COMMON WITH PRE-SCHOOL CHILDREN.  
The Child A. R. Wandling. (House of Field, Inc., New York, pp. 272.)  
The author says his object in preparing this volume was to gather in the form of a brief conspectus what leading authorities in the field of child training have written recently relative to the causes of and the treatment for 10 of the more frequent behavior problems of the preschool child. He lists these problems as: Temper tantrums, fears, negativism, thumb and finger sucking, stealing, lying, enuresis, jealousy, masturbation, and food problems. Each problem is taken up in a separate chapter.



Social                    THE DREAM HOME OF YOUTH. Sidonie Matsner Gruenberg.  
                          (Child Study. Vol. 17, No. 4, Summer 1940, pp. 106-108,  
                          122-123.) This is another article on our misleading  
standards regarding a home. It says that young people are led to dream  
or hope for a home that is far beyond their means. It also takes up  
the problem of young homemakers who have to take over some others' ready-  
made homes which do not fit their lives in any sense and leave them with  
disappointments and futilities. Our advertising agents and teachers  
have been telling young people that there are many gadgets and inventions  
that are both available and indispensable for everybody. For the masses,  
this is not true, and such teaching is cruel and dangerously misleading.  
The article then speaks of the type of advertising which says that the  
touch of dishpan hands or the sight of a threadbare rug drives romance  
out of the window and breaks up a home. It also tells how movie makers  
and novelists paint pictures and weave dreams for young people, but says  
such compositions are not so bad, because young people would make up  
their own, anyway. It ends by saying that accessories are not what  
bring about happiness; they bring happiness only when there is a plenti-  
ful financial margin and a greater appreciation of their relative values  
besides. Home economics teachers, especially, can help to make these  
visions of the kind that are within the realm of realization. Then  
these dreams of youth can be put to use as a guide for careful effort,  
choice, and planning.

Social                    PRIVATE AND PUBLIC COSTS OF ISOLATED SETTLEMENT IN THE  
                          CUT-OVER AREA OF MINNESOTA. John E. Mason. (Rural  
                          Sociology. Vol. 5, No. 2, June 1940, pp. 206-221.) A  
report of a study made to discover the costs of isolated settlement,  
such as inconveniences and hardships resulting from poor roads, poorly  
equipped homes, lack of social contacts, and direct money outlays for  
transfer of products from markets to or from the farm. Other public  
costs were taken into consideration. It was found that the latter in-  
cluded extra costs incurred by the county nurse, county agent, and  
teachers of vocational agriculture when they visited remote places in  
the performance of their duties. Election and assessment costs were  
greater, as were also the costs of rural mail delivery, administration  
of game and other laws, and fire protection. The study indicates that  
public costs are sufficiently excessive in some isolated areas to jus-  
tify relocation of the population, particularly when all the disadvan-  
tages of isolated settlement are considered; therefore, a program for  
resettlement of some sort seems not only necessary but imperative.





SHEPHERDS' PIPES. How to make sweet-toned musical instruments at a cost of a few cents. (Popular Science Monthly. Vol. 136, No. 2, February 1940, pp. 162-165, illus.) With diagrams and illustrations as well as text this article explains how to make Shepherds' pipes, which are sweet-toned musical instruments made from bamboo at a cost of a few cents. It shows how to place the holes and stops in order to produce treble, alto, and tenor pipes.

Handicraft LEATHERCRAFT AS A HOBBY. A manual of methods of working in leather. Clifford Pyle. (Harper & Bros. Publishers, New York, 1940, pp. viii + 116, illus.) This book is intended for classroom reference use or for independent reference and guidance for workers who want to do leatherwork at home. It explains each step in each of the processes of leatherwork. It discusses and illustrates the tools, the making and transferring of patterns, cutting and skiving the leather, how to do flat modeling and embossing, cut leatherwork, applique and inlay, applying gold and silver leaf, and finishing off the leather.

Handicraft AMERICAN POTTERS AND POTTERY. John Ramsay. (Colonial Press, Inc., Clinton, Mass. Copyright 1939, by John Ramsay. First printing, May 1939, pp. xx + 304, illus.) This book discusses potters and potteries of Eastern Pennsylvania, New Jersey, Delaware, Maryland, New England, New York, Western Pennsylvania, West Virginia, the Middle West, and the South. It then takes up special kinds of ware, such as porcelain, redware, stoneware, brownware, and earthenware. Illustrations show shapes and characteristics of various kinds of pottery.

Handicraft HAND-LOOMS IN INDIA. (Textile Mercury and Argus. Vol. 102, No. 2668, May 10, 1940, pp. 496.) This brief item reports that hand-loom weavers' societies have increased greatly in numbers recently. New designs are being introduced, and small-scale factories are providing new opportunities for employment. In one province as many as one hundred classes of staple goods, ranging from the motia and marking cloth to mosquito net of leno and quilts of toileting weave, were produced for personal wear or house furnishings.

Handicraft INDUSTRIAL DEPARTMENT OF MODERN ART MUSEUM PLANS DESIGN CONTEST. (Women's Wear Daily. Vol. 61, No. 26, August 6, 1940, pp. 3.) This item announces that the industrial department of the Modern Art Museum in New York City will sponsor a contest in clothing design. More information may be had by writing direct to the Museum, or will be given later.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 444

November 13, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Social      CONSUMER COOPERATIVES AND THEIR WORKERS. Clarence W. Faylor. (A Science Research Associates Publication, 600 South Michigan Avenue, Chicago, 1939, pp. 96.) This book is concerned particularly with occupational problems connected with consumer cooperatives. It explains what a consumer cooperative is. It then gives its history and cites general qualifications for workers and distribution of jobs in cooperatives. In one chapter it points out advantages and disadvantages of working for a cooperative.

Social      PLANNED PARENTHOOD FOR RURAL FAMILIES. Mary L. Hoffman. (Mountain Life and Work. Vol. 16, No. 2, Summer 1940, pp. 19 and 20.) In this article the author tells how contraceptive help is being brought to the women of the southern mountain areas, where mothers are old at 35, not only because of bearing too many children, but because of the nervous strain and anxiety of how to feed the little ones when they arrive.

Social      SOME SUGGESTIONS FOR EDUCATION IN HOME AND FAMILY LIVING FOR OLDER YOUTH WHO HAVE LEFT THE FULL-TIME SCHOOL: WITH SPECIAL CONSIDERATION TO RURAL YOUTH. Homemaking Education for Young Adults. (Home Economics Education Service, U. S. Office of Education, Washington, D. C. Misc. 2364-1, Sup. 1940. p. 37 Mimeographed.) Points out some factors to be given consideration in planning an educational program for older youth.

Social      SOCIOLOGY. William F. Ogburn, and Meyer F. Nimkoff. (Houghton Mifflin Co., Boston, 1940, pp. xiv, 953.) A comprehensive work on the subject of sociology which takes up in its seven parts the factors in the social life of man, culture, human nature, collective behavior, community, social institutions, and social change.

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Subscription price, \$5.00 per annum in advance.

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NEW CABINETS FOR YOUR KITCHEN. Bernice Claytor. (The Progressive Farmer and Southern Ruralist. Vol. 55, No. 5, May 1940, pp. 38.) With diagrams and brief legends this article presents some ideas for kitchen cabinets.

DEVELOPMENTS IN DOMESTIC HEATING. Andrew A. Bato, Allen J. Johnson, William G. Christy, and Herbert G. Schaul. (Mechanical Engineering. Vol. 62, No. 8, August 1940, pp. 620-621.) This article is a discussion of points brought out in another article published in the March 1940 issue of Mechanical Engineering, on page 210, by A. J. Johnson. The authors point out that other types of fuel might serve as well as anthracite, described in the first article. For instance, oil burners would work on steam systems, and the like, if a high-low flame were adjusted to this purpose. Similar comments are made

ATTIC COOLING SYSTEMS. W. H. Badgett. (Mechanical Engineering. Vol. 62, No. 8, August 1940, pp. 610.) This brief item calls attention to Bulletin No. 52, The Installation and Use of Attic Fans, A. & M. College of Texas, College Station, Tex. Describes a method of cooling houses with an attic exhaust fan, of the propeller-type.

CLOTHING AND AIR CONDITIONING STANDARDS. (The Journal of the American Medical Association. Vol. 115, No. 7, August 17, 1940, pp. 538-539.) A short item which discusses some difficulties in making air conditioning satisfactory because of the difference in kinds of clothing worn by men and women. It says, for example, that women want higher temperatures because of the fact that they wear light-weight clothing, whereas men wear heavy clothing. When both sexes in the test wore a minimum of clothing, 84° F. was satisfactory for both. When men were dressed in women's summer clothing, they demanded practically the same temperature as women, and vice versa when women were dressed in men's winter clothing. The difference that is apparent now in comfort standards between men and women is plainly due to dress, and any reconciliation should be made by adjustments in clothing. This would remove much of the difficulty experienced with sharp temperature contrasts between the sexes.

ELECTRIC LIGHTS vs. GOOD ILLUMINATION. Helen G. McKinlay. (Electricity on the Farm. Vol. 13, No. 9, September 1940, pp. 6-9.) This article, with several illustrations, explains how old lighting fixtures may be adapted or remodeled into new ones that will give a well-diffused light, satisfactory for activities that are carried on in the home.



Housing      YOU OUGHT TO....When friends pour advice down upon "you dear young things," do as we do when people tell us we should put glass shelves in the windows or a safety railing around the back porch--reply in your most enthusiastic noncommittal way, "That's an idea!" then have it your own way...Dorothy Kampenga. (The American Home. Vol. 24, No. 4, pp. 4, 84, 85.) This article discusses the new house and the advice often given by visitors. The point of the article is to ignore these suggestions and let the house express your own personality. It is written in a humorous vein.

Housing      A HOUSE FOR 300 CLIENTS, Gives the architect a headache, California a design signpost. Building a pattern for effective promotion. (The Architectural Forum. Vol. 72, No. 6, June 1940, pp. 442-444.) This article is a report of a study of the wants of 300 clubwomen in the way of housing. It gives a list of the main things that they desire in a house costing approximately \$10,000, and those that they do not want. After planning so expensive a house they were told that such a house was too expensive and that they must cut down their demands to a house that could be built at a lower figure. The article also shows the final solution worked out for a house that would most nearly satisfy the needs and desires of the entire group. Floor drawing and elevations are used as illustrations.

Housing      DETERMINING MINIMUM REQUIREMENTS OF INSULATION. Robert K. Thulman. (Heating and Ventilating - Air Conditioning. Vol. 37, No. 8, August 1940, pp. 34-36, illus.) This article discusses minimum requirements for insulation of houses in different parts of the United States.

Housing      ARCHITECTURE IN NINETEEN-SIXTY? Talbot F. Hamlin. (Pencil Points. Vol. 21, No. 6, June 1940, pp. 343-349.) Another article that predicts what housing will possibly be like in 1960. It says the improvements to be made will be in row design. The lighting will probably be luminescent and come from large sources of low intensity. There will probably be little change in plumbing fixtures on the whole; the greatest changes likely to come during these years are in mechanical equipment.

Housing      THE JAPANESE HOUSE. Ralph Walker. (Pencil Points. Vol. 21, No. 6, June 1940, pp. 333-342, illus.) This article is a report of a study of Japanese houses. It describes the plan of a modern Japanese home and something of its structure. It does not advocate this sort of home for use in the United States.





METAL WORK. The Old Deerfield Series of Handicraft  
Handicraft Manuals. R. D. and M. E. Snively. (Stephen Days Press,  
Brattleboro, Vt., 1940, pp. 78, illus.) This little  
book explains steps in making simple metal objects. It is profusely  
illustrated and advises beginning with pewter, as that is the easiest  
of all metals with which to work.

WEAVING AND DYEING IN NORTH AFRICA. J. Aglotti. (Tex-  
Handicraft tile Colorist. Vol. 62, No. 735, March 1940, pp. 161-  
164.) This article is a historical review of weaving  
and dyeing in Northern Africa. It is a reprint from the magazine "Ciba  
Review," published by the Society of Chemical Industry in Basle. This  
part of the article, which is to be continued in a later issue, describes  
the carpets and coarse mats made in the provinces on the north of Africa.  
It explains how various rugs are woven, including some with a double  
pile.

A COMMUNITY LEARNS TO WEAVE. Glen A. Blackburn. (Country  
Handicraft Gentleman. Vol. 110, No. 8, August 1940, pp. 38-39.)  
This article tells how a group of people without any  
instructor, but with the will and published directions built their own  
looms and did weaving which not only added to their income, but aided  
in the beautification and comfort of their homes. The original idea of  
starting this project was to pay off the church debt.

PERFUMES AND HOUSEHOLD FRAGRANCES TO MAKE AT HOME.  
Handicraft Patricia White. (Home Institute, Inc., New York City,  
1939, pp. 39.) This little paper-backed book explains  
the art of making perfume and tells how to extract the essential oils  
and how to fix the odors, how to deodorize alcohol, and gives perfume  
formulas and also explains how to make toilet water, incense, potpourris,  
pomanders, sweet bags, scented cushions, sachets, and bath preparations  
from home-grown flowers and other materials.

WOODCUTS AND WOOD ENGRAVINGS. How I make them. Hans A.  
Handicraft Mueller. (Pynson, Printers, New York City, 1939, pp.  
187, illus.) In this book the author explains how to  
make wood cuts and wood engravings, also, how to illustrate a book. The  
volume contains beautiful pictures of the processes and finished prints.

HISTORIC QUILTS. Florence Peto. (The American Historical  
Handicraft Co., Inc., New York City, 1939, pp. xix, 210, illus.)  
This book, with illustrations to show the designs and a  
description together with the history of some people who made them,  
gives a picture of American-made quilts from the eighteenth century  
to about 1880.

1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes the need for transparency and accountability in financial reporting.

2. The second part of the document outlines the various methods and techniques used to collect and analyze data. It includes a detailed description of the experimental procedures and the statistical analysis performed.

3. The third part of the document presents the results of the study. It includes a series of tables and graphs that illustrate the findings of the research. The data shows a clear trend in the relationship between the variables studied.

4. The fourth part of the document discusses the implications of the findings. It explores the potential applications of the research in various fields and the limitations of the study. It also suggests areas for further research.

5. The fifth part of the document provides a conclusion and a summary of the key points. It reiterates the importance of the research and the need for continued investigation in this area.

6. The final part of the document includes a list of references and a bibliography. It cites the works of other researchers in the field and provides a comprehensive overview of the literature related to the study.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 445.

November 20, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

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Assistant Home Economist.

Extension      OHIO HOME DEMONSTRATION WORK. Minnie Price. (Journal of Home Economics. Vol. 32, No. 4, April 1940, pp. 235-237.) A brief report on what has been done in home demonstration work in 88 counties of Ohio and how this work relates to the whole farm program.

Extension      THEY TALK, LISTEN, TO LEARN--From other farm women, who, after all, know more about their own problems than anyone else. Madelon W. Jackson. (Successful Farming. Vol. 38, No. 4, April 1940, pp. 79, 87, and 89.) This article describing some phases of extension work in Ohio tells how women are learning about their homemaking, gardening, and kindred employment, and overcoming shyness and timidity long enough to speak to larger groups on these subjects in which they are interested.

Extension      (WHAT'S NEW IN HOME ECONOMICS. Vol. 5, No. 1, September 1940, p. 21.) This page is entitled "Extension News Notes." One of these brief items describes a lesson given in Cherokee County, Kans., on the subject of "fixit." At this meeting, the report says, women were taught how to mend and repair loose parts of chairs and other articles by the putting in of a screw or by some other simple method. Other items report home demonstration activities.

Extension      CORRELATION IN VIRGINIA HOME ECONOMICS PROGRAMS. Maud E. Wallace. (Journal of Home Economics. Vol. 32, No. 7, September 1940, pp. 429-431.) This article explains how home economics work in different fields has been correlated in Virginia. The organizations meeting and working together include home economics women in business, college teachers, Farm Security agents, Works Progress Administration workers, National Youth Administration people, and home demonstration agents and homemakers.





Handicraft      DESIGN FROM PEASANT ART. Kathleen Mann. (Adams and Charles Black, London, England, 1939, pp. 99, illus.) This book is intended for teachers, students, and designers. The contents include designs from peasant art, original peasant motives, designs from peasant motives, peasant motives adapted for craft-work. It has some illustrations.

Handicraft      HOW TO MAKE MARIONETTES. Elizabeth King. (Parents' Magazine. Vol. 15, No. 6, June 1940, pp. 42, 82 - 83.) This is an article that explains how to make marionettes.

Handicraft      ART FOR EVERYMAN. Margaret E. Mulac. (Recreation. Vol. 34, No. 6, September 1940, pp. 381-382, 393.) This article tells how a house is being fitted up in Cleveland, Ohio, as a craft center. It tells how the idea was initiated, the money raised for carrying it on, the patronage it has had, and how those interested are working to replace donated furniture and carpets with new ones made in the shop. It also speaks of affiliation of workers with the Ohio Art Project.

Handicraft      DESIGN IN WOODWORK AND OTHER CRAFTS. Donald R. Hill. (John Murray, London, 1938, pp. vii+103.) This book as its title indicates, shows how to design decorations and parts of furniture and other woodwork. It also shows something of how to construct parts of furniture. The contents include material, design, development of patterns from metrical net, balance, color, veneer, and craft problems.

Handicraft      KNOTTED DRESS TRIMMINGS. Hazel T. Craig. (Practical Home Economics. Vol. 18, No. 2, February 1940, pp. 44-46, illus.) This article, with illustrations showing many steps in the process of knotting, explains how to make belts and other articles from thread. The equipment needed is a board about 6 by 18 inches with a quarter-inch strip clamped or screwed across the top. Shuttles which may be home-made hold the cord. A large rubber band is also helpful and, if belts are made, buckles are needed as well as the cord. The articles described for making are: belts, buttons, tassels and cords for dresses, buckles, laces, and accessories.

Handicraft      HOME DECORATION WITH FABRIC AND THREAD. Ruth Wyeth Spears. (M. Barrows and Co., Inc., New York, 1940, illus.) With pictures and brief statement this book tells how to make things for the living room, bedroom, kitchen, and for the children. It also tells how to make curtains and slip covers of various kinds and children's toys.



Food and  
Nutrition

FROM SUN-DRYING TO QUICK-FREEZING. Clifford Parcher.  
(American Cookery. Vol. 45, No. 3, October 1940,  
pp. 178-181.) This article discusses food preservation  
and the advantages and disadvantages of both sun drying and quick  
freezing.

Food and  
Nutrition

THE IRON REQUIREMENT OF ADULTS. Adelaide P. Barer and  
W. M. Fowler. (Journal of the American Dietetic Asso-  
ciation. Vol. 16, No. 8, October 1940, pp. 769-778.)  
This article reports research work of the Department of Internal Medicine  
of the State University of Iowa. It reports the average intake of iron  
for a group of 42 patients with a number of different pathological con-  
ditions. From this study it was learned that the degree of anemia sug-  
gests itself as an explanation for the variations in the amount of iron  
retained by the individual on approximately the same iron intake, but  
that such variation was not consistent. The results emphasize the neces-  
sity for an adequate intake of iron. The study suggests that it should  
be from 12 to 15 mgs. of iron per day as a minimum and says that a diet  
containing from 3.81 to 6.76 mgs. per day resulted in a negative iron  
balance, whereas in the same patients the diet with 12.22 to 15.53 mgs.  
per day produced a positive balance.

Food and  
Nutrition

AIMS AND PURPOSE OF SCHOOL FEEDING. W. R. Lee. (Practical  
Home Economics. Vol. 18, No. 4, April 1940, pp. 113-115.)  
This article tells of some methods in which nutrition  
facts have been presented in connection with school feeding. Illustra-  
tions show some types of booklets and exhibits used in connection with  
this work. The article suggests a goal for a "5-point child" in which  
is stressed a 5-point diet for the "5-point child." This includes a  
vitamin A reserve, optimum daily supply of calcium, iron for protection  
against infection, a diet rich in vitamin C, and a liberal daily supply  
of vitamin B<sub>1</sub>.

Food and  
Nutrition

VITAMIN C IN PACKAGED FOODS PURCHASED IN RETAIL MARKETS.  
K. R. Newman and C. R. Fellers. (Journal of the American  
Dietetic Association. Vol. 16, No. 7, August-September  
1940, pp. 695-696.) This, as the title indicates, is a study of vitamin  
C in packaged foods purchased in retail markets. The conclusion reached  
from the sampling of canned fruits and vegetables was that there was no  
significant difference between fruits and vegetables packed in glass and  
in tin. Uncombined oxygen is absent from most canned foods offered for  
sale.

Food and  
Nutrition

FROZEN ASSETS. New quick-freezing unit for home use  
offers great economy, variety in fine food. (House &  
Garden. Vol. 78, No. 4, October 1940, pp. 58.) Dis-  
cusses quick freezing of poultry and other foods, and describes the  
equipment now available for this purpose. There are five illustrations.





Social                   SOCIAL THEORY AND SOCIAL ACTION. Carl C. Taylor. (Rural Sociology. Vol. 5, No. 1, March 1940, pp. 17-31.) The author of this article, in discussing social theories, points out some roots of our most distressing agricultural problems, which he says are social, psychological, and cultural. He also discusses the need for a better income or greater quantity and quality of goods in order to attain an acceptable standard of living for farm families. The level of living, he says, is conditioned by the economic income, established habits of the members of the family, and the level of living of people whom they constantly observe.

Social                   AN INTRODUCTION TO SOCIOLOGY. Ernest R. Groves and H. E. Moore. (Longmans, Green & Co., New York City, 1940, pp. vii+737.) A comprehensive textbook intended to arouse curiosity of the popular reader and to inform students of the present-day developments in the field of sociology. The parts of the book: An approach to sociology, The person and his world, Social progress, and Means of social integration.

Social                   PROGRESS MADE TOWARD BETTER AMERICAN HOME LIFE. Louise Stanley. (Agricultural Leaders' Digest. Vol. 21, No. 7, October 1940, pp. 28-29.) In this article the author explains how the adequacy of the diets of the Nation's families is appraised through surveys made as a part of the Consumer Purchases Study. These indicate that farm families are the best-fed group in this country, and village families are the poorest fed. Although not all farm families are well fed, those with excellent diets tend to produce for home use generous quantities of protective foods, such as milk, eggs, and leafy, green and yellow vegetables. The article also sums up how the families use their incomes.

Sociology               ANTIDOTES FOR SUPERSTITIONS CONCERNING HUMAN HEREDITY. Knight Dunlap. (The Scientific Monthly. Vol. 51, No. 3, September 1940, pp. 221-225.) This article points out superstitions concerning human heredity that have often worried people and made them very unhappy because they did not fully understand that these were merely superstitions and not facts that might be applied to them. It calls attention to one fallacy, an idea that children sometimes have if they themselves are brown-eyed, for instance, yet happen to have blue-eyed parents: such a child is often worried, because he has the notion that he cannot be the child of the folks who claim to be his parents.



DEC 23 1940

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 446.

November 27, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist.

Health SITTING PRETTY. A guide to good posture for the office worker. Janet Lane. (John Wiley & Sons, Inc., London, England, 1939, pp. 32, illus.) This booklet explains carriage and ideal posture and some graceful as well as awkward motions that people make. It gives instructions and exercises for correcting various bad habits.

Health HYGIENE AND HOME NURSING. A practical text for girls and women. Louisa C. Lippitt. (World Book Co., Yonkers-on-Hudson, New York, 1940, pp. vii + 424.) This book is intended for young women responsible for the nutrition of the family and those who are nurses when illness comes. It is intended as a textbook. It takes up problems of the health in general, bathing and the care of the skin and hair, the ears, throat, nose, and eyes; and then takes up such subjects as constipation, posture, clothing, feeding of children and adults, and care of people with special diseases. It also tells how to make beds and bathe patients.

Health ALKYL-DIMETHYL-BENZYL-AMMONIUM-CHLORIDE FOR SANITIZATION OF EATING AND DRINKING UTENSILS. Andrew J. Krog and Charles G. Marshall. (American Journal of Public Health. Vol. 30, No. 4, April 1940, pp. 341-348.) A discussion of ways and means of sanitizing eating and drinking utensils. It reports experimental work done in this field, and the effectiveness of various solutions on bacteria. It says that detergents have little or no effect on the potency of the compound suggested as most desirable, which is alkyl-dimethyl-benzyl-ammonium-chloride. Temperature does not affect its bacterial effectiveness, above 70 degrees F, and 1-minute exposure is apparently sufficient to reduce surviving bacteria to below 100 colonies per tumbler rim.





Clothing and  
Textiles

AMERICAN DESIGNERS SHOULD TRY TO CARRY ON WITHOUT FRANCE, SAY RETAILERS. H. S. Marcus. (Women's Wear Daily, Vol. 60, No. 124, June 25, 1940, pp. 21.) This article points out the fact that American designers can, for a time at least, no longer depend on France to lead in fashion designing. It says that the difference between an American designer and a French one is that the French designer designs for individuals whereas the American designer has been designing for manufacturers. It is this designing for manufacturers that has caused the American designer to depend on Paris for inspiration, for individual designing gets a better result. It advocates that some designers or individuals here learn to design for different types of persons, not particularly for the trade. It also says that American women want their clothes comfortable, wearable, not too high priced, definitely functional, and designed to be worn for more than one occasion. It also says that fashion changes will probably be slowed up for a time.

Clothing and  
Textiles

FALL, AND WARDROBE PLANNING. Iris S. Davenport. (What's New in Home Economics. Vol. 5, No. 1, September 1940, pp. 10, 11, 33, illus.) This article is a report of what the author teaches in regard to wardrobe planning. It is illustrated to bring out various points. In the summary she says that the formula for fall fashions should include good taste, smooth, smart lines, straighter and simpler, none of the frivolous, and the best fabric that can be afforded combined with a well-groomed appearance.

Clothing and  
Textiles

NEW FABRIC FINISHES AND SERVICE TO CLOTHING. Margaret S. Furry. (Agricultural Leaders' Digest. Vol. 21, No. 7, October 1940, pp. 32.) A brief item on chemical finishes now being used to make our textiles more useful and attractive. These include moth-repellent finishes applied to wool, hair, and fur; fire-retardant, water, spot, and perspiration repellent, mildew-resistant, and germicidal finishes. Many of these finishes are designed to increase the serviceability without changing the appearance. The fabrics should be well labeled and should tell the consumer what is to be expected from them and where and how to care for them to get the best services from the special finish.

Clothing and  
Textiles

SOME FACTS ABOUT NYLON. In view of the great interest of Nylon to the dye and textile industries, the following statement issued by E. I. DuPont De Nemours & Co., Inc., will prove of value to those in the industries indicated. (Textile Colorist. Vol. 62, No. 735, March 1940, pp. 171-173.) A continuation of an article published on page 95 of this same volume. This particular article explains how Nylon yarn is made, the significance of the term "Nylon" and why it is not a new type of rayon. It also answers a large number of questions regarding Nylon hosiery, such as, What will be the retail price of this hosiery? By whom will it be made? The answer to this last is; By a number of nationally known hosiery manufacturers.



Personal THE PSYCHOLOGY OF EXCEPTIONAL CHILDREN. Karl C. Garrison.  
(The Ronald Press Co., New York City, 1940, pp. xiii + 351.)  
This book takes up individual variations in children, measurements in education, the characteristics of the gifted child, provisions needed for them in schools. It also discusses retarded children and the problems which bring about retardation, the physically handicapped child, and how to assist him to overcome his disability.

Personal GOOD MANNERS AND HOW LIFE MAY BE MADE MORE PLEASANT.  
Beatrice Rutherford. (Bahtavi-Rothberg Pub. Co., New York City, 1940, pp. 237.) This book discusses our faulty educational system, and explains what are good manners. Other chapters treat of manners in our home, when eating and serving meals, when in public, when with our family and friends, our personal appearance, our speech, and our leisure.

Personal PERSONALITY DEVELOPMENT. A practical self-teaching course.  
Estelle B. Hunter. (The Better Speech Institute of America, Chicago, 1939, pp. 126.) One of a series of five books. This book, unit 5, discusses character, good manners, and the principles by which one lives.

Personal THE CREATIVE ADULT. Self-education in the art of living.  
Hughes Mearns. (Doubleday, Doran & Co., Inc., New York, 1940, pp. viii + 300.) This book takes up creative thinking, and there is a chapter entitled "From art to life to art." Another chapter takes up the subject of personality; another, the parent as a creative leader.

Personal PERSONALITY DEVELOPMENT. A Practical Self-Teaching Course.  
Estelle B. Hunter. (The Better Speech Institute of America, Chicago, 1939, pp. 126.) This book on good posture, physical fitness, and mental health, is the first of a series of five. The topics are taken up in relation to adults as well as to children.

Personal PERSONALITY DEVELOPMENT. A Practical Self-Teaching Course.  
Estelle B. Hunter. (The Better Speech Institute of America, Chicago, 1939, pp. 126.) Book 2 of a series of 5, it discusses the subject of dress and good grooming. It takes up the subject of the well-dressed woman, the well-dressed man, the care of clothes, what to wear, and when to wear it.

Personal A DESIGNING FAMILY. Sue T. Baker. (National Magazine of Home Economics Student Clubs. Vol. 5, No. 1, September 1940, pp. 18, 19.) A short play, with six characters, which discusses etiquette and clothing.





Clothing and Textiles      COSTUME DESIGN. An Introductory Outline With Aids For Students and Teachers. Carolyn G. Bradley. (International Textbook Co., Scranton, Pa., 1937, pp. 167, illus.) A study manual for school. It explains how to draw a figure to be used as a basis for designing clothing. The entire book is given over to this one phase of costume design.

Clothing and Textiles      CLOTHES WHICH SATISFY....Preferences, Purposes, and Purse. Lillian H. Locke. (Practical Home Economics. Vol. 18, No. 4, April 1940, pp. 102, 103, 120, 127, 128.) An article on buying clothes which satisfy, and a report of a study of approximately 3,400 cases of purchasing. It shows that high-school and college girls preferred to purchase slips that were unweighted, preshrunk, of silk crepe, two-gored, bias-cut with lace-finished edges both top and bottom, and adjustable straps. They preferred also a brassiere top and a shadowproof skirt to the slip with a price range from \$1 to \$1.99.

Clothing and Textiles      WE LEARN ABOUT FLAX. A project in the Santa Barbara (California) schools. (The Journal of the National Education Association of the United States. Vol. 29, No. 6, September 1940, pp. 176, illus.) A page of pictures with brief legends, showing the preparation of flax for making thread.

Clothing and Textiles      NEW FINISHES FOR TEXTILE FABRICS. A broad review of recent developments in chemical finishes developed to impart specific properties to fabrics; report on practical tests. Margaret S. Furry. (Cotton. Vol. 104, No. 9, September 1940, pp. 59, 60, 63.) This article discusses in considerable detail crease-resistant finishes, starchless finishes, water-repellent finishes, fire- and flame-retardants and mildew-resistant finishes that are used on fabrics. It also mentions some points to observe in laundering articles treated with various finishes.

TEXTILE FIBRES AND MATERIALS. Richard Hunlich. (Thomas Skinner & Co. (Publishers) Ltd., London, 1939, pp. 222, illus.) This book explains the construction of textile fibers, both natural and synthetic. The first section discusses the raw materials; the second, the manufacturing methods applied to the fiber; and the third, the identification of textile materials. Attractively illustrated.



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 447.

December 4, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist.

Management MARRYING ON A SMALL INCOME. Bernice Dodge, Editor,  
(Household Finance Corporation, Chicago, Ill. Circular  
No. 3, Stretching the Dollar. 1940, pp. 20.) This bul-  
letin takes up such problems as: Where does the money go?, setting up  
of a budget, problem of both husband and wife working, the size of a  
savings account that is necessary, the hope chest and its contents,  
cleaning equipment, and repair equipment.

Management LIVING FOR TWO. A guide to homemaking. Enid Wells.  
(David Kemp & Co., New York, 1939, pp. xv + 434.) This  
is intended for newlyweds and gives a list of what the  
bride should do for 3 months before her marriage, her plan of work,  
program of housekeeping, after she is married. It takes up such subjects  
as Linens to treasure, Blankets of pleasure, Selecting clothes for every  
occasion, Choosing your home, Buying furniture, Fun at housekeeping,  
Express yourself in your parties, A, b, c of cooking, and Care of your  
clothes.

Management A PHILOSOPHY OF FARM STRUCTURES. E. E. Brackett. (Agri-  
cultural Engineering. Vol. 21, No. 9, September, 1940,  
pp. 355, 356.) This article deals mainly with adequate  
housing on the farm, although some other structures are mentioned. In  
the approach to this subject, the author discusses variations in living  
standards, and then takes up the question of "What is adequate housing?"  
"Variations in structural types, and personal factors influencing hous-  
ing standards."





Housing                NEW KITCHEN FOR OLD. In the very same spot! Louise Price Bell. (American Agriculturist. Vol. 137, No. 21, October 12, 1940, pp. 22, illus.) This one-page article with illustrations shows the "before and after" of a kitchen improved by a farm homemaker, as told by herself. She says that most of the improvements are the result of imagination, paint, and elbow grease.

Housing                AN ANNOTATED BIBLIOGRAPHY ON HOUSING FOR USE IN HOME ECONOMICS EDUCATION. References selected chiefly from the housing literature of 1938, 1939, and the first quarter of 1940; exclusive of State and local housing literature. Socioeconomic Research Abstract Series of the Home Economics Education Service, Misc. 2230-7, (Federal Security Agency, U. S. Office of Education, Washington, D. C., August 1940, pp. 41.) The subject-matter classifications are: Levels and standards of living, and Housing conditions and standards. The title of this circular describes its contents.

Housing                IS YOUR HOME SAFE FROM FIRE? How high a score can you make for yourself and your house in this Fire Prevention quiz? (House and Garden. Vol. 78, No. 4, Section I, October 1940, pp. 34-35, 68-69.) With diagrams and legends, as well as brief texts, this article discusses fire hazards in the home. Considerable attention is given to the basement where it is said 56 percent of all home fires are started. It also points out danger spots on the first floor due to leaving the disconnected electrical iron on the ironing board, the filling of kerosene lamps, and various other hazards.

Housing                SPEAKING OF HOUSING AGAIN. Muriel W. Brown. (Journal of Home Economics. Vol. 32, No. 7, September 1940, pp. 432-436.) In this article the author points out the fact that most of the families in the United States have very little to spend for anything at all, and this includes shelter. She says that standards set by many courses in home economics are far above the economic level afforded the students. It then outlines what should be taught in a course in housing.



COMMUNITY ORGANIZATION FOR FAMILY LIFE EDUCATION. Edna  
Education F. Amidon and Muriel W. Brown. (School Life. Vol. 26,  
No. 2, November 1940, pp. 36-40.) This article de-  
scribes for experimental centers of community organization for family  
life education. It is the first of a series of articles on this sub-  
ject to be published in this magazine. Future articles will give a  
detailed picture of what has been done and what is going on in these  
"democracy in action communities" which are first lines of defense in  
peace or in war. The article in this number tells of the chief purpose  
of the experiment, how homes become laboratories for working out new  
problems as they arise. The community council and its work are de-  
scribed, also, how schools and homemakers and community agencies are  
working more and more closely together. It also mentions the fact  
that more parents are studying family life than ever before.

WORK PROJECTS ADMINISTRATION NURSERY SCHOOL PLUS. Grace  
Education Langdon, and Isabel J. Robinson. (School Life. Vol. 26,  
No. 2, November 1940, pp. 48-51, illus.) This article  
describes the activities of nursery schools of the Work Projects Ad-  
ministration and says that the family life education program of the  
W. P. A. includes nursery schools, parent education and homemaking,  
and that last year there were nearly 1,500 schools and nearly 50,000  
children enrolled. There were also about 12,000 classes in both parent  
education and homemaking, in which some 217,000 people were enrolled.  
The family education program falls into three groups: One for the  
young and inexperienced; another for older teachers; a third was for  
married women trained in kindergarten or primary work who have now  
become breadwinners for their families.

VISUAL AIDS IN SAFETY EDUCATION. Safety Education  
Education Projects of the Research Division. (National Education  
Association of the United States, 1201 Sixteenth Street,  
N. W., Washington, D. C., January 1940, pp. 32.) This book lists  
motion pictures, both silent and sound, on the subject of safety.  
They include Street and safety highway, Fire prevention, Forest fire  
prevention, First aid, Driver training, and General safety. They also  
list lantern slides and sources of safety posters.





Food and  
Nutrition

THE VITAMIN B COMPLEX IN NORMAL NUTRITION. C. A. Elvehjem. (Journal of the American Dietetic Association. Vol. 16, No. 7, August-September 1940, pp. 646-654.) This article discusses steps in research on vitamin B deficiency and tells how specific deficiency symptoms similar in many respects to those in human cases have been produced in the experimental animals. The author says in conclusion that he is "not promoting the fortification of foods, but merely trying to prevent dogmatic objections to the principle which may hinder progress in the experimental part of this program," of understanding the use of vitamin B. He says that in most cases some improvement in growth was noted, due to the feeding of additional vitamin, but normal growth was not obtained until a fair amount of natural food such as liver, kidney, or yeast was added. Likewise, it was cautioned that synthetic vitamins should be used with care in order to prevent the development of deficiencies more serious than those we set out to control.

Food and  
Nutrition

SIGNS OF THE TIMES. (Journal of Home Economics. Vol. 32, No. 8, October 1940, pp. 539-541.) Part of The Signs of the Times section of this magazine is a symposium on vitamins. The titles of this collection of brief items are: The Physiological Functions of the Vitamins, by Anne Bourquin; The Losses of Vitamin A, by Esther L. Batchelder; The Losses of the "B" Vitamins, by Hazel E. Munsell; and The Losses of Vitamin C, by Jessie E. Richardson.

Food and  
Nutrition

THE COOK BOOK OF THE UNITED STATES NAVY. Prepared by officers of the Supply Corps. (United States Government Printing Office, Washington, D. C., 1940, pp. v. + 164.) This cookbook contains large-quantity recipes.

Food and  
Nutrition

HOW TO CARVE A TURKEY. (House Beautiful. Vol. 82, No. 11, November 1940, pp. 48.) With a series of five illustrations this one-page article explains how to carve a turkey or a chicken.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

No. 448

December 11, 1940

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist.

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Social      THIS FOR THAT. Miriam Pope Cimino. (American Cookery. Vol. 45, No. 3, October 1940, pp. 176-178.) This short article calls to the attention of moderns the way in which New Englanders and farm people of days past stretched their incomes by "swapping" various articles. As the author says, in this way of giving away surplus tomatoes, sunflower seeds, black walnuts, cabbage plants, old clothing and other articles, things are stirred around so usefully and without any business organization. She gives a number of examples of how such exchanges were carried on, such as someone's saying, "Hurry up, and bring your baskets before the birds grab all the cherries," or "We have some willow-tree shoots; would you like to have some?" or "I'm thinning out my rhubarb plants today, don't you want some?" In this way people made use of surplus old shingles for kindling, of fruit, posts, and a number of other articles.

Social      THE PROBLEM OF POVERTY IN AGRICULTURE. M. L. Wilson. (Rural America. Vol. 18, No. 6, September 1940, pp. 3-10.) This is a copy of an address given before the Country Life Association. This article discusses not only the causes of poverty among rural people, but the lack of public attention which has been given to it. Urban and rural unemployment and the agencies which are attempting to alleviate these conditions are discussed, also the history of relief work as it has been carried on to date, and the social philosophies which may be applied in trying to solve this serious question. Among the problems are: That of getting a good education where poverty prevails, getting information on the subject of research out to these people, and the effects of county planning. It then gives some proposals set forth in county planning. One of the things that it says is popular in helping rural conditions is the development of rural industrial communities.





STANDARDIZATION IN INFORMATIVE SELLING - - 1940 OUTLOOK.  
Management (Journal of Home Economics. Vol. 32, No. 8, October 1940, pp. 520-525.) This article is a copy of a talk given at the American Home Economics Association meeting in which the author discusses problems of buying. It says that for more than 150 years consumers have ignored certain standards that have protected their interests, but that the average retailer is by no means ready for grade labeling. He needs first to be educated in the rudiments of the language of labeling before he can attempt it. The article gives some definitions that need to be known by both consumers and retailers.

"SHORT WEIGHT." (Consumers' Digest. October 1940, pp. 37-39.) This article tells how to check purchases in order to avoid short weight. It says that the butcher's thumb is all right but it shouldn't be on the scales when meat is being weighed; that often the butcher puts it there unconsciously in order to keep the meat from falling off, as well as consciously. It then explains other ways that weights are short, including loss by the melting of ice before it reaches the customer, the jamming of scales, mistakes made by salespeople, and the like.

CONSUMER ECONOMIC PROBLEMS. H. G. Shields and W. H. Wilson. (South-Western Publishing Co., New York, 1940, pp. x + 767.) A comprehensive textbook intended for college level. It avoids too much discussion of abstract principles and theories, but points out practical applications as they occur in every-day life. The principal headings are: The significance of wealth and income, The management of wealth and income, How our financial system serves us, How to invest money, How insurance serves us, Modern economic influences on the consumer, The consumer and the marketing system, Important relations between the buyer and the seller, Consumer protection, General principles of buying, Practical studies in buying, The problems of obtaining a home, and Looking intelligently at some consumer problems.

THE MECHANICS OF BUDGETING. Harry S. Glassman. (Practical Home Economics, Vol. 18, No. 1, January 1940, pp. 8, 32.) This article is a discussion of methods of preparing budgets and checking accounts. It takes up also the subject of pocket money.



Housing                    HOW TO GET MONEY FOR BUILDING. Modern financing plans make home ownership easier. C. Elliott Smith, associate professor of Real Estate, New York University. (House & Garden. Section I, November 1940, pp. 38, 55.) This article explains the different methods of financing housing and says that modern home financing by monthly instalments and other methods so popular at the present time are the revival of methods used many years ago but which have recently become quite a fad. The article explains the sources of home mortgage financing, the types of loan, and how loans are reduced. In conclusion it says that the direct reduction long term, amortizing type of loan has certain advantages over the short term, straight mortgage loan, and that the Federal Housing Administration's plan of financing is probably the best where a loan representing a large percentage of the value of the home is sought. It also says that some other lenders are offering even more attractive terms on conservative uninsured home mortgage loans.

Housing                    DEFENSE HOUSING PLANS. (Public Housing. Vol. 2, No. 13, September 24, 1940, pp. 3, illus.) This article, with six floor plans, presents defense housing plans being prepared by the United States Housing Authority. It tells how the work is being centralized to avoid duplication of effort.

Housing                    HOW TO SAVE MONEY WHEN YOU BUILD. Royal Barry Wills. (House & Garden. Section I, November 1940, pp. 43, 56, 58, 60.) This article explains how to save money in the plan and architectural design of the home, and then takes up other methods of reducing the cost, such as the use of second-hand brick and lumber. In the latter it says the advantage of this is that there is no shrinkage, but that care must be taken in the selection of the lumber. Such savings may amount to as much as 1 percent to 5 percent of the total cost of the house. It then tells how to economize on the foundation and by avoiding the purchase and use of too much lumber it may bring about trouble through shrinkage causing creaking or blister, and the like. Low ceilings, it says, such as a reduction of 6 inches per story may save as much as 2 percent in the cost of the house. Other items taken up are exterior finishes, doors and windows, wallboards, plywood and other types of lumber, interior finishing, plumbing, heating, wiring, painting, and the like. It then gives the summary of the total that may be saved, which amounts to 18 3/4 percent.





THE DEVELOPMENT OF CERTAIN MOTOR SKILLS AND PLAY ACTIVITIES IN YOUNG CHILDREN. A genetic study of the motor development of preschool children as revealed by their use of wheel play materials. Theresa D. Jones. (Bureau of Publications, Teachers College, Columbia University, New York City, 1939, pp. xiv + 180.)  
The Child A report of a study made in connection with Columbia University. The purpose was to investigate the children's motor development and their uses of certain play materials as revealed by repeated observations of behavior, beginning at 21 months and thereafter from month to month until they reached the age of 48 months. The method of the study is discussed, along with the data gathered. Graphs illustrate the progress made by the children in various activities.

MENTAL HYGIENE IN MODERN EDUCATION. Rose H. Alschuler, Harold H. Anderson, Nancy Bayley, E. A. Betts, Andrew H. Brown, Lawrence K. Frank, Alice V. Keliher, David Kopel, Lou La Brant, C. M. Louttit, Bert A. Nesh, Harry N. Rivlin, Helen Shacter, G. S. Stevenson, Louis P. Thorpe, John N. Washburne, and Goodwin Watson. (Farrar & Rinehart, Inc., New York City, 1939, pp. x + 539.)  
The Child The authors attempt to answer such questions as: What information will be most practical and directly useful in fostering wholesome growth in childhood and youth? In answering these questions the results of many studies and their interpretation have been assembled. The parts of the book are: The mental hygiene of the developing personality, and mental hygiene applied to special problems. The authors emphasize the statement that it is more important that children develop adjusted, integrated personalities, or that they fulfill some other traditional objective. They also point out the fact that maladjustment may even be the result of assuming that a child's I. Q. is constant and treating him on the basis of an intelligence test given years before.

EDUCATE YOUR CHILD FOR CHAOS. Walter B. Pitkin. (The Household Magazine. Vol. 40, No. 11, November 1940, pp. 8-9, 37, 39.)  
The Child This article discusses the problem of educating the child to meet situations as they may be when he is grown. The problem is that no one knows what situations such a child may have to face. The questions taken up are in relation to the child's future employment, the ideas and ideals that will be held by his contemporaries, and the progress that science will make that will affect his environment. The concluding recommendation is that instead of planning your child's future, plan his present. Make him work at tasks that are real and at hand. Don't worry over what will happen 10 years hence. He should master a variety of skills. The closing words are "Live well today, and tomorrow will take care of itself."



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

JAN 17 1941

No. 449

December 18, 1940.

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Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

**YOUR CHILD GROWS UP.** The kind of "growing up" we are concerned with here is not the addition of inches or pounds to your child's body, but his increasing ability to look after himself. Edgar A. Doll. (Life Conservation Service of the John Hancock Mutual Life Insurance Co., Boston, Mass., 1939, pp. 32, illus.) A little bulletin, which tells in simple language what to expect of the infant and child from year to year in ability and growth.

The Child

**GIVE HIM TOYS FOR HIS AGE.** Adele McKinnie. (Woman's Home Companion, Vol. 67, No. 11, November 1940, pp. 44, 46.) In this article the author discusses toys for each age of childhood. There is the early age at which he grasps things, listens to sound, and watches things. Later, when he begins to crawl and stagger around, a soft ball without much bounce is good in spurring him on. When he becomes master of his legs he needs a toy to propel or pull about, such as a wagon; also a pounding toy is suited to his needs at this time and age to help in saving the furniture in the home. From 2 years up, the child needs challenging things to do. This includes blocks, of all sizes and shapes, wooden puzzles to fit together, and wooden beads to string. The author says that it is as important for boys as for little girls to play with dolls in their early years, and house-keeping accessories are also practical, many of which may be home-made. Children under 6 are too young to take complete responsibility for larger motor toys such as wagons, tricycles, wheelbarrows, and sleds. Other suggestions are made.

The Child





Textiles and Clothing      U. S. PATENT OFFICE PREPARED FOR INFLUX OF DESIGN IDEAS.  
Jean Houghton. (Women's Wear Daily. Vol. 61, No. 79,  
October 21, 1940, pp. 1, 18.) This article explains  
processes of patenting designs for garments. It tells  
what the application should contain, such as the preamble stating names  
and residences of the applicants; the title of the design, and name of the  
article for which the design has been invented; a description of the figure  
or figures of the drawing, the claim as to why it is eligible for patenting,  
and lastly, the signature of the applicant.

Textiles and Clothing      SO YOU'RE BUYING A FUR COAT. (Consumers' Digest. October  
1940, pp. 23-24.) This article describes the purchase of  
a fur coat and says that the pelt from a sheep is dyed  
and sheared to resemble beaver. From this pelt or that  
of a rabbit can be made a coat that looks enough like Hudson seal to fool  
anyone. Hudson seal is dyed muskrat. In department store language a  
sheared sheep is called mouton, and processed rabbit, lapin. Good coats  
of such material can be purchased from \$50 to \$100. The article mentions  
some questions in purchasing a coat, such as How much can I afford to spend  
on it? Is the weather cool enough to justify such a purchase on the basis  
of its protection value? Do I do considerable automobile driving? - if so,  
I shall need a durable kind of fur. Many other questions are asked. It  
then says that the annual depreciation of a fur coat made from badger,  
beaver, fisher, fitch, fur seal, kolinsky, krimmer, or a number of other  
kinds of fur is 10 percent. It also lists furs which depreciate 15 to 20  
percent annually. This depreciation goes on even when the coat is hanging  
in the closet. The last part of the article consists of a description of  
many kinds of furs.

Textiles and Clothing      ACCESSORIES OF DRESS. Katharine Morris Lester and  
Bess Viola Oerke. (The Manual Arts Press, Peoria, Ill.,  
1940, pp. viii + 587, illus., with 644 figures and 59  
plates.) A deluxe volume, with fine illustrations,  
which gives the history of such accessories as those worn on the head,  
about the neck, shoulders, and waist, on the feet and legs, on the arms  
and hand, and carried in the hand. It also discusses accessories used on  
the costume, such as buttons, embroidery, lace, fringe and tassel, fur,  
ribbon, and braid. It is a comprehensive treatise of this subject.

Textiles and Clothing      CARE OF SILK STOCKINGS. (Consumers' Digest. October  
1940, pp. 53-54.) This article tells how to put on  
stockings in order to avoid runs and how to wash them.  
It says that the violet rays of the sun have an oxidiz-  
ing effect on wet silk hosiery and that long exposure will weaken the  
fibers. Intense heat is also damaging. Stockings should be the right  
size and length in order to get the best service.



Equipment                    ALL CRYSTAL CLEAR. A new chapter in American glassmaking begins with a challenge to creative effort. (House and Garden. Vol. 78, No. 3, September 1940, pp. 30, 63, illus.) With many illustrations this article discusses glassmaking in America. It points out that America is making especially fine glassware. In reviewing the history of American glass, it says that the industry has had many ups-and-downs.

Equipment                    FLUORESCENT LAMP APPLICATIONS IN THE HOME. Myrtle Fahsbender and Richard G. Slauer. (Illuminating Engineering. Vol. 35, No. 8, September 1940, pp. 669-691, illus.) The authors discuss the placing and use of fluorescent lamps in the home. At present it seems that the colors noted under such light are not altogether satisfactory; for example, in the preparation of vegetables the yellow-colored ones take on a blue or yellow-green color, which has not a palatable appearance. When a fluorescent lamp is used at the vanity table the light is so different from that in other places where the person may go that the effects of rouge and the like may not prove satisfactory. From this article one would judge that we are not yet ready for fluorescent lamps in the home for general use in spite of their coolness and efficiency.

Equipment                    FOR TODAY'S HOUSES. Heating & Air Conditioning. (House Beautiful. Vol. 82, No. 8, July - August 1940, Summer Number, pp. 39-41, 63-65.) With diagrams, and questions and answers, this article explains about various types of air conditioning and heating equipment used in dwelling houses and the kind best suited to different situations.

Equipment                    TURKOMAN RUGS. Amos Bateman Thacker. (E. Weyhe, New York, 1940, pp. 155, illus.) This book discusses the rugs woven in various parts of Central Asia by the Turkish tribes. It explains the differences in quality, color, and workmanship of the rugs woven by the different tribes, and types of designs. It is illustrated with both black and white as well as colored plates.

Equipment                    PLAN AN ADDITIONAL BED. Sallie F. Hill. (The Progressive Farmer and Southern Ruralist. Vol. 55, No. 8, August 1940, pp. 25.) This short item with three illustrations shows some beds that might be built to add another bed for the family. One of these beds consists of springs hinged to the wall so that they may be put out of the way when not in use. A curtain is draped across the space to hide the bed in daytime. Another bed is built of rough lumber with natural posts, having one bed above the other, making a double-decker. The third bed is built in a closet having a window after the style of the cupboard beds used in Holland homes.





Health                   DIET AND RESISTANCE TO INFECTION. III Genetic Versus Dietary Factors. Charles F. Church, M. D., F. A. P. H. A., and Claire Foster. (American Journal of Public Health. Vol. 30, No. 11, October 1940. pp. 1217-1220.) A continuation of a report made in previous issues of experiments on the influence of maternal diet upon the resistance of the offspring to infection following inoculation with special bacteria. The tests reported in this issue lead to the conclusion that the important genetic factor influencing the survival of mice following inoculation with the bacteria is reaffirmed. The importance of maternal diet is still an open question, which must be given further study with a different technique in order to reach a definite conclusion.

Health                   WAR AND THE ACCULTURATION OF THE MASSES. Manuel Gamio. (The Annals of The American Academy of Political and Social Science. Vol. 210, July 1940, pp. 28-34.) This article discusses the effects of the war on production and consumption in relation to culture, and compares past experiences in Scandinavia and Russia. It then takes up situations in Latin America and some of the things that are happening in Mexico, Peru, and Guatemala, where the population is heterogeneous. In connection with these countries it discusses schools, model houses, consumer cooperative stores, and the like. In regard to housing, this article says: In selected villages in Mexico, model houses will be constructed which are adapted to local conditions of geography, climate, artistic traditions, and economic resources of the inhabitants. Local construction material will be used, unsanitary dirt floors will be replaced by hard-surfaced ones which can be easily cleaned. Windows will be cut in the walls for ventilation and light. The cost of glass windowpanes is beyond the means of many of these people, and sheets of cellophane will be used as a substitute. This device has been tried in several regions and is not only cheaper than glass but also admits the germicide ultraviolet rays.

Health                   NUTRITIONAL DISEASES IN THE UNITED STATES. W. H. Sebrell. (The Journal of the American Medical Association. Vol. 115, No. 10, September 7, 1940, pp. 851-854.) This is a review of various articles that have appeared recently explaining nutritional diseases and their specific causes. It also gives the number of deaths due to some of them. The review gives considerable attention to the therapeutic application of vitamins.



United States Department of Agriculture  
E X T E N S I O N   S E R V I C E  
Washington, D. C.

450  
No. 448

December 24, 1940.

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist.

Extension      THE JOB OF A CLOTHING SPECIALIST. Martha Jane Ulrich.  
                  (National Magazine of Home Economics Student Clubs.  
                  Vol. 5, No. 2, November 1940, pp. 14-20.) This article  
outlines the work of the clothing specialist and tells something of  
the subject matter frequently requested by county home councils ac-  
cording to the needs and desires of the local women.

Extension      HOME DEMONSTRATION WORK AND DEMOCRATIC LIVING. H. C.  
                  Ramsower. (Journal of Home Economics. Vol. 32, No. 8,  
                  October 1940, pp. 530-533.) In this article the author  
discusses how cooperative Extension Service works with farm families  
and the problems that arise as one generation after another takes up  
the practice of farming. It also presents some phases of land use  
planning in which home demonstration work is most concerned. It  
speaks in detail of the work of the home demonstration agent and  
her relation with 4-H Club members. Its main objective is to bring  
to farm families new help, new vision, and new hope.

Extension      THE ROLE OF THE TRAINED HOMEMAKER IN A CHANGING  
                  SOCIETY. Blanche E. Hedrick. (Journal of Home Eco-  
                  nomics. Vol. 32, No. 9, November 1940, pp. 590-594.)  
Report of a talk made before the homemaking department of the Amer-  
ican Home Economics Association in which the speaker said regarding  
education that "it must be an on-going process if it is to be of  
any value. Such continuing education after formal schooling is  
completed is important in the field of home economics, where knowl-  
edge is growing so rapidly that even the most alert have difficulty  
in keeping pace with it." Reading, study clubs, parent-teachers  
association, home demonstration groups of the United States Exten-  
sion Service, women's clubs, and various other activities offer  
opportunities for continuing growth through educational experience.





Social                    CENTER FOR HOBBIES. Viola Armstrong. (Recreation Magazine. Vol. 34, No. 8, November 1940, pp. 499-501.) This article tells how recreation centers have been established in a number of communities in Detroit either through the activities of young people, volunteer teachers, or certain clubs. In most of these described, there are hobby centers in which various crafts may be carried on. It says that understanding and companionship are among our greatest needs today, and for this reason such centers are an asset, as they bring people together.

Social                    NEW-AGE SOCIOLOGY. Edward Alsworth Ross. (D. Appleton-Century Co. Inc., New York. 1940, pp. xx + 597.) Parts of this book deal with social population, fundamental processes, conflict and adaptation, cooperation and organization, class and caste, society and individual, occupation and social function, social regress and progress, social products and certain problems in the light of sociology. It is intended as a textbook for advanced students.

Social                    KNIVES, FORKS AND SPOONS. Estelle S. Ries. (Practical Home Economics. Vol. 18, No. 4, April 1940, pp. 109, 126, illus.) This article discusses table furnishings, giving the historical background for their use.

Social                    LEISURE FOR LIVING. Sydney Greenbie. (George W. Stewart, New York; 1940, pp. ix + 284.) In the preface of this book the author says we Americans are inheritors of the arts of civilization; that is, the arts of leisure, and if we keep to the ways of social justice and of peace we shall be able to give them such development as the world has never seen. The arts of the past were built by a fortunate few on the backs of coolie labor, but we are building them on willing and painless service of the machine and share them among all men willing to live well and roundly. Parts of the book deal with leisure and recreation, for learning, for enlightenment, and for reflection.

Social                    THE SOCIAL MIND. Foundations of Social Philosophy. John Eloy Boodin. (The MacMillan Co., New York City, 1939, pp. xi + 593.) This book is highly technical and is designed to study the biological basis of society, groups of which it is composed, the existence of social minds, the law of social participation, organization of values, and the will of the organization.





- Textiles and Clothing      BARGAINS IN BEAUTY. (Wisconsin Agriculturist and Farmer. Vol. LXVII, No. 22, November 2, 1940, pp. 14.) This short article gives a recipe for a dentrifice, vanishing cream, cold cream, and a hand lotion, which were made by club girls and exhibited at a junior State fair.
- Textiles and Clothing      WELSH - A DESIGN SOURCE ADOPTED BY PAQUIN IN LONDON. (Women's Wear Daily. Vol. 61, No. 103, Nov. 26, 1940. p. 3.) With six illustrations this brief item points out, for the information of clothing designers, characteristic features of Welsh costumes.
- Textiles and Clothing      ANCIENT GREEK COSTUMES SHOW HOW BRAVE MEN DRESSED WHEN THEY DEFENDED FREEDOM. M. D. C. Crawford. (Women's Wear Daily. Vol. 61, No. 100, November 20, 1940. pp. 8-9.) This article, with almost a full page of illustrations, shows features of the Greek costume which may be helpful to designers of modern clothing.
- Textiles and Clothing      GRACIOUS VENETIAN LACE-MAKING SKILL BEING RETAUGHT IN U. S. M. D. C. Crawford. (Women's Wear Daily. Vol. 61, No. 103, November 26, 1940, p. 12.) With two illustrations this item tells how WPA is teaching Venetian lace making in the United States, and shows how it looks.
- Textiles and Clothing      WHAT DO YOU KNOW ABOUT FURS? Adolpho Pick. (Women's Wear Daily. Vol. 61, No. 94, November 12, 1940, pp. 23.) An article consisting of questions and answers about chinchilla fur. The chinchilla is a native of Peru. This fur does not wear very long, and requires 140 to 150 pieces to make a long coat. The winter quality of the fur is best. It is generally used for collars and trimming as well as for capes and coats. In South America there is only one chinchilla farm, and the owner of this farm says that these animals are no different from the wild ones.
- Textiles and Clothing      "WEAVERS OF RAYON ALSO ARE READY." Charles Whitney Ball. (Cotton. Vol. 104, No. 10, p. 93, October 1940.) This article tells the extent to which rayon is being put to use by the army. Certain rayon satins are being used for the linings of garments for the air corps and other rayons are being tested for use in parachutes. However, rayon cloth manufacturers have not been called upon to supply army and navy defense needs in the degree that cotton, wool and silks have been supplied.
- Textiles and Clothing      TURNING THE PAGES OF SHOE DESIGN. (Women's Wear Daily. Vol. 61, No. 92, p. 20, November 8, 1940.) This article lists shoes used by people of different races and in different periods. An illustration shows the general design of each of 17 types of these shoes.







- RURAL ELECTRIFICATION...A Cooperative Project.  
 Equipment Luella Williams, Instructor in Home Economics, North Texas State Teachers College. (Practical Home Economics, Vol. 18, No. 7, pp. 212, July-August 1940.) This article gives instructions regarding points to note in purchasing an electric range. Two short skits on buying an electric range and an electric refrigerator are included.
- HOME FROZEN FOOD. Amos Sloan. (Capper's Farmer, Vol. 51, No. 11, p. 8, November 1940.) This article describes the use and construction of the home-built refrigerator in which the owner last year preserved between 600 and 700 quarts of fruits, vegetables, and meat, or a supply sufficient for two adults and four children. This refrigerator is economical to build and use. It is of the type that has the doors in the top, there being four of them in a row, in order that there may be as little loss of cold in opening the refrigerator as possible. He also points out some problems in keeping refrigerators at a constant temperature.
- LINENS TO DO YOUR PARTIES PROUD. Gertrude L. Smith. (Woman's Home Companion. Vol. 67, No. 11, November 1940, pp. 88, 89, illus.) This article is on the care of household linens, particularly table linens used for parties. It tells how to remove spots of different kinds from white, ecru, and colored linens.
- DOMESTIC USES OF GAS. Alfred Edmond Forstall. (International Textbook Co., Pennsylvania 1938, pp. 1-72.) This book with numerous diagrams explains the operation of gas ranges and other heating devices using that fuel. The appliances mentioned are water heaters, space heaters, cooking appliances, domestic clothes driers and incinerators, and refrigeration. There is a discussion also of gas piping and the rules for installing such piping.
- STERLING. (House beautiful. Vol. 82, No. 11, December 1940, pp. 63, 94, 95, 100). With a series of 25 small pictures and text, this article tells how silverware for the table is made.
- A SOUND BEDTIME STORY. (Parents' Magazine. Vol. XV, No. 9, September 1940, illus., pp. 48, 49, 86.) An article with diagrams, discussing the selection of mattresses and pillows.



